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# **Massachusetts Suicide Prevention Resource Guide**

**Suicide Prevention Program  
Injury Prevention and Control Program  
Massachusetts Department of Public Health  
250 Washington St., 4<sup>th</sup> Fl  
Boston, MA 02108**

**May 2003  
(Updated September 2003)**

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# **Massachusetts Suicide Prevention Resource Guide**

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Massachusetts Department of Public Health  
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May, 2003

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## **Acknowledgements**

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We would also like to recognize the Norfolk County Anti-Crime Council located in the Commonwealth of Massachusetts' Norfolk District Attorney William R. Keating's office. This Resource Directory was modeled after the Anti-Crime Council booklet titled "Preventing Youth Suicide: What You Can Do" which was developed for adults who work with youth.

### ***To obtain additional copies of this Guide, contact:***

Massachusetts Department of Public Health  
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***This guide and other materials can be accessed via the internet at  
[www.violenceprevention.com](http://www.violenceprevention.com)***

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## **Foreword**

Dear Suicide Prevention Advocate,

We are very pleased to present the first edition of the *Massachusetts Suicide Prevention Resource Guide*. Suicide has touched the lives of many of us. The goal of this directory is to help you locate existing suicide prevention services and resources and help us identify existing gaps in services and programs across the Commonwealth. This guide is intended to provide local, state and national suicide prevention and survivor support services and resources.\*

We realize this guide is far from complete at this time, and would like your assistance in gathering information about resources that are not yet listed in this directory. Please send us information you feel would be important to include in this directory by completing the questionnaire located in Appendix A of this guide or by contacting us directly. We also encourage you to visit the following website at [www.violenceprevention.com](http://www.violenceprevention.com) for an up-to-date version of this guide. We look forward to your comments, suggestions and continued participation in making this guide more useful for everyone touched by suicide, and working to prevent it.

Sincerely,

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\*Please note that this guide is intended as an informational resource and should serve only as a starting point in your research for resources and materials. While every effort has been made to ensure the information contained within this guide is accurate, resources and services may have changed, ended or been added since the publication of this guide.

# Suicide Prevention Resource Guide

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## **I. Overview: Suicide in Massachusetts**

## **Overview: Suicide in Massachusetts**

*Suicide is a significant public health problem in Massachusetts, taking an average of 400 lives each year. In the years 1999-2000, suicides were approximately three times as frequent as homicides. Males completed suicide more frequently than females, but females were more likely to attempt suicide. Suicide rates were highest for those between ages 30 and 49, and those over age 80. Treatment for non-fatal self-inflicted injury was most common for those 15-44 years of age. For every 1 suicide, there were 10 hospitalizations<sup>1</sup> and an estimated 17 emergency department visits for non-fatal self-inflicted injury.<sup>2</sup>*

Suffocation (including hanging) and firearms were the most common methods used to complete suicide (35% and 27%, respectively), while poisoning was most often used in non-fatal attempts (78%). Males had higher rates of completing suicides while females had higher rates of attempting suicides. White non-Hispanics had the highest rates for deaths (7.9 per 100,000), Black, non-Hispanics had the highest hospitalization rate (34.2 per 100,000), and Hispanics had the highest observation admission<sup>3</sup> rate (3.6 per 100,000).

Data Highlights: Suicide and Self-inflicted Injury among Massachusetts Residents, 10-85+, 1999-2000

	Deaths	Hospitalizations	Observation Admissions	Est. Emergency Dept. Visits
Mean Annual Frequency	416	3738	501	7181
Mean Annual Rate	6.6 per 100,000	67.7 per 100,000	9.1 per 100,000	114.1 per 100,000
Most Common Method	Suffocation (35%)	Poisoning (78%)	Poisoning (89%)	Poisoning (69%)
Highest Risk Group <sup>4</sup> : Sex	Males	Females	Females	Females
Highest Risk Group: Age	35-44	15-24	15-24	15-24
Highest Risk Group: Race	White, non Hispanic	Black, non Hispanic	Hispanic	Not Applicable

According to the Massachusetts Youth Risk Behavior Survey (MYRBS), a survey of high school students conducted by the Massachusetts Department of Education in collaboration with the Center for Disease Control (CDC), suicidal thoughts and plans have decreased from 1995 to 2001 (from 25.8% to 20.1% and from 18.8% to 15.2%, respectively). Reported attempts have increased slightly from 1999 to 2001 (8.3% to 9.6%).

<sup>1</sup> Includes hospitalization data and observation admission data

<sup>2</sup> Data for MA residents age 10 and over

<sup>3</sup> Represents cases in the MA Outpatient Observation Bed Database, MA Division of Health Care Finance and Policy. Observation bed admissions are generally less than 72 hours and are not contained within the MA Hospital Discharge Database.

<sup>4</sup> Highest risk group determined by rate per 100,000, Census 2000 populations used in rate calculations.



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Social stigma, pressure from survivors, and incomplete information about intentionality result in under-reporting of self-inflicted injuries and deaths. Furthermore, data collection systems for nonfatal injury are limited primarily to acute care hospitals. Patients treated in psychiatric facilities, Veteran's Administration hospitals, corrections facilities, or by health professionals outside of a hospital setting are excluded. While the data on suicide and self-inflicted injuries paint a compelling picture, they are not complete. Suicide can be prevented. A public health approach to this problem includes ongoing collection of data on the magnitude and risk factors for these injuries and the use of this information in the development of prevention and other targeted interventions.

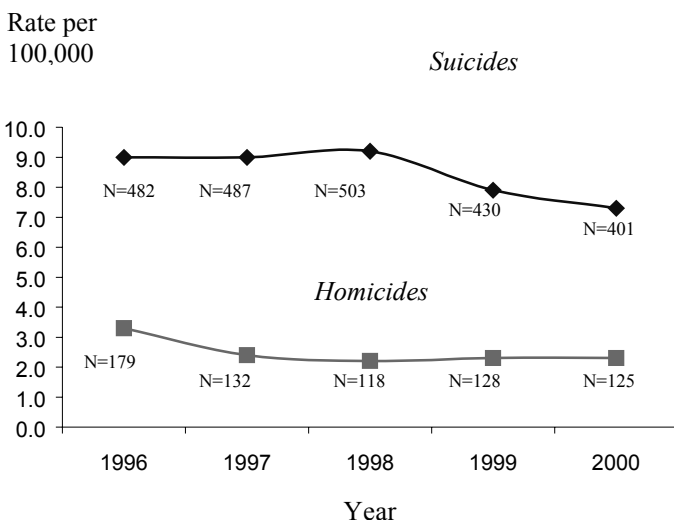
**For additional data and surveillance information, please visit the Injury Surveillance Program website at [www.state.ma.us/dph/bhsre/isp/isp.htm](http://www.state.ma.us/dph/bhsre/isp/isp.htm)**

# SUICIDES AND SELF-INFLICTED INJURIES IN MASSACHUSETTS: DATA UPDATE

Notes from the Injury Surveillance Program at the Massachusetts Department of Public Health  
Spring, 2002

## Suicides

**Figure 1. Trend in Suicides and Homicides, Massachusetts Residents Age 10 and Older, 1996-2000**

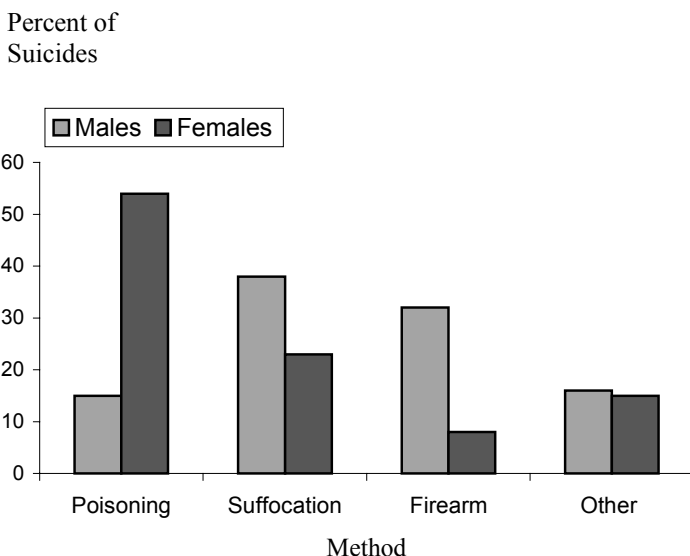


### In 2000:

- Suicide took the lives of 401 Massachusetts residents.
- There were more than 3 times the number of suicides compared with homicides.
- The number of suicides decreased approximately 7% between 1999 and 2000.

Source: Massachusetts Department of Public Health, Registry of Vital Records and Statistics

**Figure 2. Suicides by Method and Sex, Massachusetts Residents Age 10 and Older, 2000**



### In 2000:

- Suffocation (including hanging, suffocation by plastic bag, etc.) was the leading method of suicide (n=135) followed closely by firearm (n=103) and poisoning (n=101).
- Selection of suicide method varied by sex. For males, suffocation and firearm were the most common methods.
- For females, the leading methods of suicide deaths were poisoning (n=57) followed by suffocation (n=24).

Source: Massachusetts Department of Public Health, Registry of Vital Records and Statistics

**Figure 3. Suicides by Age and Sex, Massachusetts Residents Age 10 and Older, 2000**

Age Category	Males		Females	
	Number	Rate <sup>1</sup>	Number	Rate
10 to 14 years	2	1.0*	1	0.5*
15 to 24 years	4	0.9*	1	0.2*
25 to 34 years	99	19.7	23	4.6
35 to 44 years	70	13.9	34	6.6
45 to 54 years	52	13.0	30	7.1
55 to 64 years	32	13.5	9	3.5*
65 to 74 years	14	7.2*	4	1.6*
75 to 84 years	16	14.3*	4	2.1*
85+ years	6	19.1*	0	0.0*
<b>Total</b>	<b>295</b>	<b>11.2</b>	<b>106</b>	<b>3.7</b>

**In 2000:**

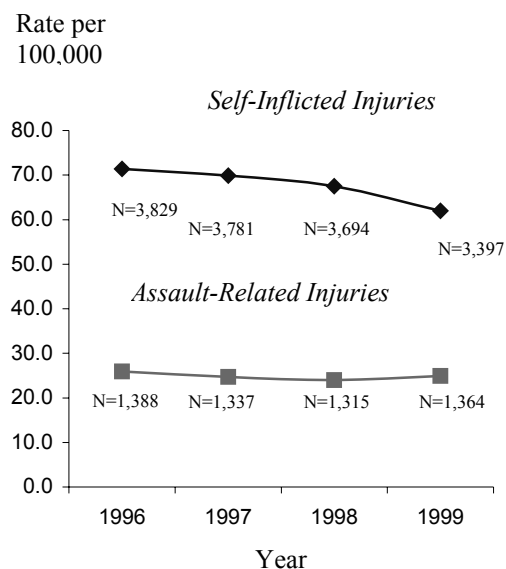
- Males experienced the highest rates of suicide between 25 and 34 years of age (19.7/100,000).
- Females experienced the highest rates of suicide between 45 and 54 years of age (7.1/100,000).
- 77% of all suicides in Massachusetts occurred to those between ages 25 and 54 years.

\* Rates based on frequencies less than 20 may be unstable

<sup>1</sup> Rates are per 100,000 population

## Hospitalizations for Non-Fatal Self-Inflicted Injuries

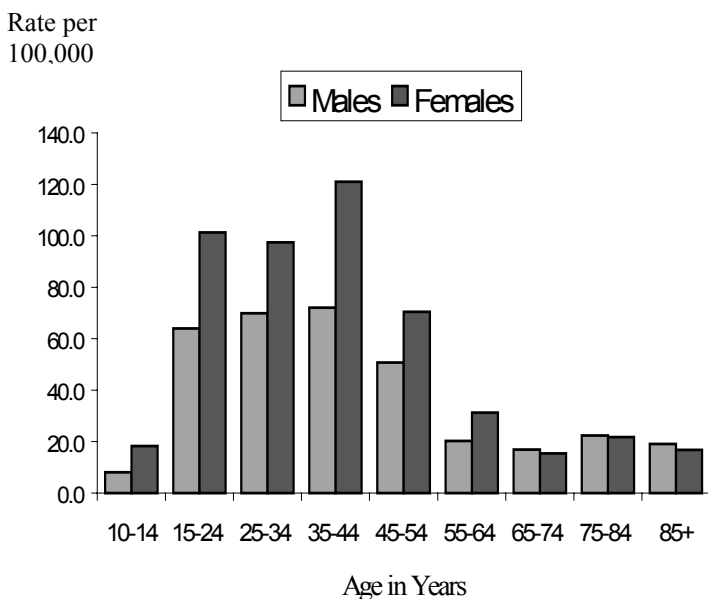
**Figure 4. Trend in Self-Inflicted and Assault-Related Injury Hospitalizations, Massachusetts Residents Age 10 and Older, 1996-1999**



**In 1999:**

- There were 3,397 hospitalizations for self-inflicted injuries, an 8 % decrease from 1998 (n= 3,694).
- Self-inflicted injury hospitalizations were approximately 2.5 times higher than assault-related hospitalizations.
- The majority of the hospitalized cases of self-inflicted injuries were due to poisonings (79%).
- An additional 581 cases were admitted to observation beds for self-inflicted injuries.<sup>2</sup> These cases were not included in the hospital discharge database.

**Figure 5. Self-Inflicted Injury Hospitalization Rates by Age Group and Sex, Massachusetts Residents Age 10 and Older, 1999**

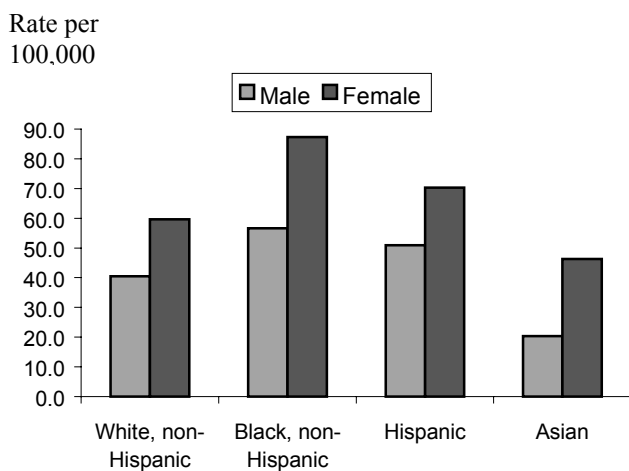


**In 1999:**

- Up to the age of 65, females had higher rates of self-inflicted injury than men.
- Men and women between the ages of 15 and 44 had high rates of self-inflicted injury hospitalization, with 35-44 year-old women experiencing the highest rates.

Source: Division of Health Care Finance and Policy, Massachusetts Hospital Discharge Database.

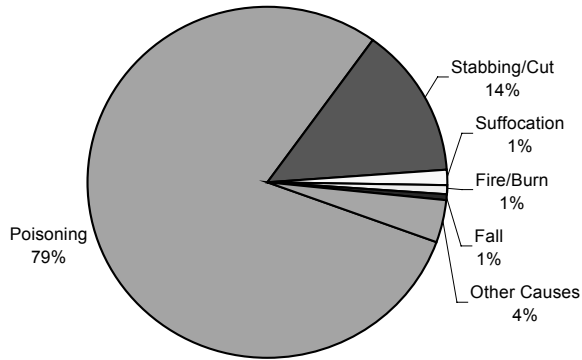
**Figure 6. Self-Inflicted Injury Hospitalization Rates by Race/Ethnicity and Sex, Massachusetts Residents Age 10 and Older, 1999**



**In 1999:**

- Females, of all races and ethnicity, had higher rates of self-inflicted injury hospitalizations than males.
- Black, non-Hispanic women and Hispanic women had higher rates of self-inflicted injury hospitalization than White, non-Hispanic women and Asian women.

**Figure 7. Self-Inflicted Injury Hospitalizations by Method, Massachusetts Residents Age 10 and Older, 1999**



**In 1999:**

- The majority (79%) of hospitalizations for self-inflicted injuries were due to poisonings.
- Stabbing and cutting

Source: Division of Health Care Finance and Policy, Massachusetts Hospital Discharge Database.

**For more information on suicide data or to learn more about suicide prevention activities in Massachusetts, please contact:**

**The Injury Surveillance Program**

Bureau of Health Statistics Research and Evaluation  
Massachusetts Department of Public Health  
250 Washington Street, 6<sup>th</sup> Floor  
Boston, MA 02108  
617-624-5665  
[www.state.ma.us/dph/bhsre/isp/isp.htm](http://www.state.ma.us/dph/bhsre/isp/isp.htm)

**The Injury Prevention and Control Program**

Bureau of Family and Community Health  
Massachusetts Department of Public Health  
250 Washington Street, 4<sup>th</sup> Floor  
Boston, MA 02108  
617-624-5402  
[www.state.ma.us/dph/uninj/inj.htm](http://www.state.ma.us/dph/uninj/inj.htm)

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## **II. Understanding Suicide**

- A. Suicide Facts**
- B. Risk Factors**
- C. Warning Signs of Suicide**
- D. What To Do if a Friend or Relative is Suicidal**
- E. Suicide Among the Youth and Young Adults**
- F. Suicide Among the Elderly**
- G. Depression:**
  - 1. Warning Signs of Depression**
  - 2. Depression and Children/Adolescents**
  - 3. Depression Later in Life**
- H. Firearms and Suicide**

## **A. Suicide Facts**

- Suicide takes the lives of more than 30,000 Americans every year.
- Every 18 minutes another life is lost to suicide.
- Every day 80 Americans take their own lives and over 1,900 Americans visit emergency departments for self-inflicted injury.
- Suicide is now the 11th leading cause of death among Americans.
- For every two victims of homicide in the U.S. there are three persons who take their own lives.
- There are now twice as many deaths due to suicide as to HIV/AIDS.
- Between 1952 and 1995, the incidence of suicide among adolescents and young adults nearly tripled.
- In the month prior to their suicide, 75% of elderly persons had visited a physician.
- Over half of all suicides occur in adult men, aged 25-65.
- Many who attempt suicide never seek mental health care.
- Males are four times more likely to die from suicide than are females.
- More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia and influenza, and chronic lung disease, combined.

***Source: National Strategy for Suicide Prevention, [www.mentalhealth.org/suicide](http://www.mentalhealth.org/suicide)***

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## **B. Risk Factors for Suicide**

- Major mental health problems
- Trauma, including rape, and sexual assault
- Substance abuse problems
- Loss of family member or friend (especially by suicide)
- Gender identity issues
- Poor family stability

*Source: National Mental Health Association, [www.nmha.org](http://www.nmha.org)*



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## **C. Warning signs of suicide**

***No suicide attempt should be dismissed or treated lightly!***

- Verbal threats such as "You'd be better off without me" or "Maybe I won't be around anymore..."
- Expressions of hopelessness and/or helplessness
- Previous suicide attempts
- Daring and risk-taking behavior
- Personality changes (e.g. withdrawal, aggression, moodiness)
- Depression
- Giving away prized possessions
- Lack of interest in the future

***Source: National Mental Health Association, [www.nmha.org](http://www.nmha.org)***

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## **D. What to do if a friend or relative is suicidal**

- Trust your instincts and believe that the person may attempt suicide.
- Talk with the person about your concerns and show that you care and want to help.
- Ask the person direct questions. The more detailed their plan, the greater the immediate risk.
- Remember that the most important thing is to listen.
- Get professional help - even if the person resists.
- Do not leave the person alone.
- Do not swear to secrecy.
- Do not act shocked or judge the person.
- Do not counsel the person.

*Source: National Mental Health Association, [www.nmha.org](http://www.nmha.org)*

## **E. Suicide among youth and young adults**

- Persons under age 25 accounted for 15% of all suicides in 1998.<sup>1</sup> From 1952-1995, the incidence of suicide among adolescents and young adults nearly tripled. From 1980-1997, the rate of suicide among persons aged 15-19 years increased by 11% and among persons aged 10-14 years by 109%. From 1980-1996, the rate increased 105% for African-American males aged 15-19.<sup>1,8</sup>
- For young people 15-24 years old, suicide is the third leading cause of death, following unintentional injury and homicide. In 1998, more teenagers and young adults died from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia and influenza, and chronic lung disease *combined*.<sup>1</sup>
- Among persons aged 15-19 years, firearm-related suicides accounted for 62% of the increase in the overall rate of suicide from 1980-1997.<sup>1</sup>
- The risk for suicide among young people is greatest among young white males; however, from 1980 through 1995, suicide rates increased most rapidly among young black males.<sup>9</sup>
- Although suicide among young children is a rare event, the dramatic increase in the rate among persons aged 10-14 years underscores the urgent need for intensifying efforts to prevent suicide among persons in this age group.

***Source: CDC National Center for Injury Prevention and Control, [www.cdc/ncipc/factsheets/suifacts](http://www.cdc/ncipc/factsheets/suifacts)***

### **Facing the Danger of Teen Suicide**

Sometimes teens feel so depressed that they consider ending their lives. Nationwide, each year almost 5,000 young people, ages 15 to 24, kill themselves. The rate of suicide for this age group has nearly tripled since 1960, making it the third leading cause of death in adolescents and the second leading cause of death among college age youth.

Studies show that suicide attempts among young people may be based on long standing problems triggered by a specific event. Suicidal adolescents may view a temporary situation as a permanent condition. Feelings of anger and resentment combined with exaggerated guilt can lead to impulsive, self-destructive acts.

***Source: National Mental Health Association, [www.nmha.org](http://www.nmha.org)***

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## Recognizing the Warning Signs

Four out of five teens who attempt suicide have given clear warnings. Pay attention to these warning signs:

- Suicide threats, direct and indirect
- Obsession with death
- Poems, essays and drawings that refer to death
- Dramatic change in personality or appearance
- Irrational, bizarre behavior
- Overwhelming sense of guilt, shame or reflection
- Changed eating or sleeping patterns
- Severe drop in school performance
- Giving away belongings

## Helping Suicidal Teens

- **Offer help and listen.** Encourage depressed teens to talk about their feelings. Listen, don't lecture.
- **Trust your instincts.** If it seems that the situation may be serious, seek prompt help. Break a confidence, if necessary, in order to save a life.
- **Pay attention to talk about suicide.** Ask direct questions and don't be afraid of frank discussions. Silence is deadly!
- **Seek professional help.** It is essential to seek expert advice from a mental health professional who has experience helping depressed teens. Also, alert key adults in the teen's life - family, friends and teacher

*Source: National Mental Health Association, [www.nmha.org](http://www.nmha.org)*

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## What Parents Can Do

- **Talk with your child** and let him or her know you care and want to help. Don't assume that a teen's moodiness is "just a phase".
- **Have your teen screened for depression.** You can get information from a school counselor or pediatrician.
- **Get professional help early.** The sooner teen depression is treated, the better.
- **Lock up medications** that may be deadly-or don't keep them around at all.
- **Remove all firearms,** including hunting rifles, from the home.
- **Make sure your child's treatment is up-to-date** and that his or her therapist is aware of the most effective approaches.
- **Address the dangers of alcohol and illegal drugs,** explaining to teens that they are especially vulnerable to drug use/experimentation.

## What School Personnel Can Do

- **Know the warning signs!**
- **Know the school's responsibilities.** Schools have been held liable in the courts for not warning parents in a timely fashion or adequately supervising the suicidal student.
- **Encourage students to confide in someone.** Let students know that someone is there to help, that there is someone who cares at school. Encourage them to come to someone at school if they or someone they know is considering suicide.
- **Refer student immediately.** Do not "send" a student to the school psychologist or counselor. Make sure student is escorted to a member of the school's crisis team. If a team has not been identified, notify the principal, psychologist, counselor, nurse or social worker
- **Organize/join the school crisis team.**
- **Advocate for the child.** Sometimes administrators may minimize risk factors and warning signs in a particular student. Advocate for the child until staff is certain the child is safe.

*Source: National Association of School Psychologists, [www.nasponline.org](http://www.nasponline.org)*

## **F. Suicide among the Elderly**

- Suicide rates increase with age and are highest among Americans aged 65 years and older. The ten year period, 1980-1990, was the first decade since the 1940s that the suicide rate for older residents rose instead of declined.<sup>5</sup>
- Men accounted for 83% of suicides among persons aged 65 years and older in 1998.<sup>1</sup>
- From 1980-1998, the largest relative increases in suicide rates occurred among those 80-84 years of age. The rate for men in this age group increased 17% (from 43.5 per 100,000 to 52.0).<sup>1,6</sup>
- Firearms were the most common method of suicide by both males and females, 65 years and older, accounting for 78.0% of male and 34.8% of female suicides in that age group in 1998.<sup>1</sup>
- Suicide rates among the elderly are highest for those who are divorced or widowed. In 1992, the rate for divorced or widowed men in this age group was 2.7 times that for married men, 1.4 times that for never-married men, and over 17 times that for married women. The rate for divorced or widowed women was 1.8 times that for married women and 1.4 times that for never-married women.<sup>6</sup>
- Risk factors for suicide among older persons differ from those among the young. Older persons have a higher prevalence of depression, a greater use of highly lethal methods and social isolation. They also make fewer attempts per completed suicide, have a higher-male-to-female ratio than other groups, have often visited a health-care provider before their suicide, and have more physical illnesses.<sup>7</sup>

***Source: National Institute of Mental Health,  
[www.nimh.nih.gov/publicat/elderlydepsuicide.cfm](http://www.nimh.nih.gov/publicat/elderlydepsuicide.cfm)***

## **G. Depression**

### **Warning signs of major depression or mental illness among all age groups**

Changes in feelings such as fear and anger are a normal part of life. Personal situations, such as a divorce, loss of a job, or strained relationships with family or friends can cause emotional stress, thus making a person feel sad or blue. These are not unusual reactions.

Certain thoughts and feelings associated with some experiences, however, may be warnings of more serious problems and the need for mental health intervention. It is not always easy to spot these warning signs, or figure out what they mean—qualified mental health professionals should be consulted in order to make an accurate diagnosis.

The following feelings and experiences may be warning signs of major depression or mental illness:

- Finding little or no pleasure in life
- Feeling worthless or extremely guilty
- Crying a lot for no particular reason
- Withdrawing from other people
- Experiencing severe anxiety, panic or fear
- Having very low energy
- Losing interest in hobbies and pleasurable activities
- Having too much energy, having trouble concentrating or following through on plans
- Experiencing racing thoughts or agitation
- Hearing voices or seeing images that other people do not experience
- Believing that others are plotting against you
- Wanting to harm yourself or someone else

***Source: The National Mental Health Awareness Campaign, [www.nostigma.org](http://www.nostigma.org)***

## Depression and Children/Adolescents

*Depression is a mental health problem that affects people of all ages, including children. Depression is more than just “feeling blue” or having a bad day, and it is different from the feelings of grief or sorrow that might follow a major loss, such as a death in the family. It is not a personal weakness or a character flaw. Children with clinical depression cannot simply “snap out of it.” As many as 1 in every 33 children—and 1 in 8 adolescents—may have depression.*

**Source: US Center for Mental Health Services, [www.mentalhealth.org](http://www.mentalhealth.org)**

No one thing causes depression. Biological, environmental, and psychological factors occurring individually or in combination seem to contribute to the onset of the disorder. Children who develop depression are likely to have a family history of the disorder. Children who have a chronic illness or who experience abuse, neglect, or other trauma are also at a higher risk for depression. Depression in children often co-occurs with other mental disorders such as anxiety disorders or disruptive behavior disorders. Adolescents who are depressed are also at risk for substance abuse.

Consequences of depression can include social isolation, academic underachievement, and strained family interactions. Depression in children is also associated with an increased risk for suicidal behaviors. Once a young person has experienced an episode of depression, he or she is at an increased risk for developing another episode of depression within the next 5 years. Children who experience a depressive episode are 5 times more likely to have depression as an adult, and depression in childhood may predict a more severe depressive illness in adulthood.

Teens need adult guidance more than ever to understand all the emotional and physical changes they are experiencing. When teens' moods disrupt their ability to function on a day-to-day basis, it may indicate a serious emotional or mental disorder that needs attention.



## **Depression in Later Life**

Depression affects more than 19 million Americans every year, regardless of age, race, or gender. While depression is not a normal part of the aging process, there is a strong likelihood of it occurring when other physical health conditions are present. For example, nearly a quarter of the 600,000 people who experience a stroke in a given year will experience clinical depression.<sup>10</sup> Unfortunately, symptoms of depression are often overlooked and untreated when they coincide with other medical illnesses or life events that commonly occur as people age (e.g., loss of loved ones). However, clinical depression is never a “normal” response; it is a serious medical illness that should be treated at any age.

### ***Prevalence***

- More than two million of the 34 million Americans age 65 and older suffer from some form of depression.<sup>11</sup>

### ***Co-occurring Illnesses***

- Symptoms of clinical depression can be triggered by other chronic illnesses common in later life, such as Alzheimer’s disease, Parkinson’s disease, heart disease, cancer and arthritis.<sup>12</sup>

### ***Widowhood***

- One-third of widows/widowers meet criteria for depression in the first month after the death of their spouse, and half of these individuals remain clinically depressed after one year.<sup>13</sup>

### ***Healthcare Costs***

- Older patients with symptoms of depression have roughly 50% higher healthcare costs than non-depressed seniors.<sup>14</sup>

### ***Suicide***

- Depression is a significant predictor of suicide in elderly Americans.<sup>11</sup>  
<sup>15</sup>
- Comprising only 13% of the U.S. population, individuals aged 65 and older account for 20% of all suicide deaths, with white males being particularly vulnerable.<sup>15</sup>
- Suicide among white males aged 85 and older (65.3 deaths per 100,000 persons) is nearly six times the suicide rate (10.8 per 100,000) in the U.S.<sup>15</sup>

### ***Treatment***

- More than 55% of older persons treated for mental health services received care from primary care physicians. Less than 3% aged 65 and older received treatment from mental health professionals.<sup>16</sup>

- Primary care physicians accurately recognize *less than one half* of patients with depression, resulting in potentially decreased function and increased length of hospitalization.<sup>17</sup>
- Fortunately, clinical depression is a very treatable illness. More than 80% of all people with depression can be successfully treated with medication, psychotherapy or a combination of both.<sup>18</sup>

***Source: National Institute of Mental Health, [www.nimh.com](http://www.nimh.com)***

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## Older Adult Attitudes toward Depression

According to a National Mental Health Association survey<sup>19</sup> on attitudes and beliefs about clinical depression:

- Approximately 68% of adults aged 65 and over know little or almost nothing about depression.
- Only 38% of adults aged 65 and over believe that depression is a “health” problem.
- If suffering from depression, older adults are more likely than any other group to “handle it themselves.” Only 42% would seek help from a health professional.
- Signs of depression are mentioned more frequently by people under age 64 than people aged 65 and over. These include “a change in eating habits” (29% vs. 15%), “a change in sleeping habits” (33% vs. 16%) and “sadness” (28% vs. 15%).
- About 58% of people aged 65 and older believe that it is “normal” for people to get depressed as they grow older.

*Source: National Institute of Mental Health,  
[www.nimh.nih.gov/depression/genpop/gen\\_fact.htm](http://www.nimh.nih.gov/depression/genpop/gen_fact.htm)*

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## **H. Suicide and Firearms**

There is a strong correlation between suicide and gun violence. In fact, 60% of suicide deaths involve a firearm.

### **The facts:**

- Contrary to public belief, most gun deaths are suicides, not homicides. In 1999 out of 28,874 people killed by firearms, 16,599 were suicides. (Centers for Disease Control)
- The risk of suicide of a household member is increased nearly five times in homes with guns. (Kellerman, 1992, New England Journal of Medicine)
- Firearms are now the most common method of suicide for women, a change from 1970 when poisonings was the leading method for women. (National Center for Health Statistics)
- Firearms are used in two of three youth suicides. Unlike any other attempted method, use of firearms is most likely to be fatal. (National Center for Health Statistics)
- 71% of suicides committed by older adults involved a firearm. (National Center for Health Statistics)
- The Surgeon General's National Strategy for Suicide Prevention identifies easy access to guns as a risk factor for suicide. Professionals need to ask families about the presence of firearms in their homes. Delaying access to lethal means can provide a valuable opportunity for an adult in crisis or an impulsive young person to seek help.

***Source: Join Together: Gun Violence: Making Connections with Suicide, Domestic Violence and Substance Abuse, [www.jointogether.org](http://www.jointogether.org)***

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### **III. Summary of National Strategy for Suicide Prevention**

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## **Summary of National Strategy for Suicide Prevention**

The **National Strategy for Suicide Prevention** was published in May 2001 by the U.S. Department of Health and Human Services with leadership from the Surgeon General. It is designed to be a catalyst for social change with the power to transform attitudes, policies, and services. Representing the combined work of advocates, clinicians, researchers and survivors, the **National Strategy** lays out a framework for action and guides development of an array of services and programs yet to be set in motion. It strives to promote and provide direction to efforts to modify the social infrastructure in ways that will affect the most basic attitudes about suicide and its prevention, and that will also change judicial, educational, and health care systems.

### **Goals and Objectives for Action:**

- Goal 1: Promote awareness that suicide is a public health problem that is preventable
- Goal 2: Develop broad-based support for suicide prevention
- Goal 3: Develop and implement strategies to reduce the stigma associated with being a consumer of mental health, substance abuse, and suicide prevention services
- Goal 4: Develop and implement suicide prevention programs
- Goal 5: Promote efforts to reduce access to lethal means and methods of self-harm
- Goal 6: Implement training for recognition of at-risk behavior and delivery of effective treatment
- Goal 7: Develop and promote effective clinical and professional practices
- Goal 8: Improve access to and community linkages with mental health and substance abuse services
- Goal 9: Improve reporting and portrayals of suicidal behavior, mental illness, and substance abuse in the entertainment and news media
- Goal 10: Promote and support research on suicide and suicide prevention
- Goal 11: Improve and expand surveillance systems

***Source: The complete “National Strategy for Suicide Prevention, A Report from the Surgeon General”. [www.mentalhealth.org/publications](http://www.mentalhealth.org/publications)***

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**U.S. Surgeon General's Office**

[www.surgeongeneral.gov](http://www.surgeongeneral.gov)

5600 Fishers Lane

Rockville, MD 20857

Phone: 202-690-6467

Fax: 301-443-3574

*Published "The Surgeon General's Call to Action to Prevent Suicide", and "Mental Health: A Report of the Surgeon General," and is developing a National Suicide Prevention Strategy. Publications are available online.*



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## **IV. State Suicide Prevention Plans**

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## **State Suicide Prevention Plans**

### **National**

Davis C. Hayden, Ph.D.  
Psychology Department  
Western Washington University  
Bellingham WA, 98225  
Phone: 360-650-3177

[www.ac.wvu.edu/~hayden/spsp/index/html](http://www.ac.wvu.edu/~hayden/spsp/index/html)

*The purpose of this web page is to make readily available current information on state suicide prevention plans. We are continually adding information on each state as we are able to obtain and verify it. The overall goals of the state plans are to: reduce youth suicide and suicidal behaviors; reduce the impact of suicidal behaviors on significant others; and improve access and availability of prevention services statewide.*

#### ***States with suicide prevention plans (updated 4/02):***

Kansas (1/02), Louisiana (3/02), Maine (5/02), Minnesota (1/02), Missouri (4/02), Montana (1/02), Nebraska (4/02), New Mexico (4/02), North Dakota (1/02), Ohio (5/02), Oklahoma, Oregon, Tennessee (2/02), Virginia (4/02), Washington (1/02), Wisconsin (5/02)

#### ***States with contact information or plans under construction:***

Alabama (4/02), Alaska (1/02), Arizona (4/02), Arkansas, California (1/02), Commonwealth of Puerto Rico, Connecticut (3/02), Delaware (3/02), Florida (4/02), Georgia (3/02), Hawaii (3/02), Idaho (3/02), Illinois (1/02), Indiana, Iowa (3/02), Island territories in the Pacific, Kentucky (2/02), Maryland (2/02), Massachusetts (4/02), Michigan (2/02), Mississippi (4/02), Nevada (3/02), New Hampshire (4/02), New Jersey (4/02), New York, North Carolina (4/02), Ohio (1/02), Pennsylvania, Rhode Island (4/02), South Carolina, South Dakota (4/02), Texas (1/02), Utah (4/02), US Virgin Islands, Vermont, Wisconsin (2/02), West Virginia, Wyoming (5/02)

### **Massachusetts State Plan**

#### **Massachusetts Violence Prevention Task Force**

250 Washington St. 4<sup>th</sup> floor  
Boston, MA 02108  
Phone: 617-624-5488  
Fax 617-624-5075  
[www.violenceprevention.com](http://www.violenceprevention.com)

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## **V. Reporting on Suicide: Recommendations for the Media**

## **Reporting on Suicide:**

### **Recommendations for the Media**

*American Foundation for Suicide Prevention  
American Association of Suicidology  
Annenberg Public Policy Center*

*Developed in collaboration with Office of the Surgeon General • Centers for Disease Control and Prevention • National Institute of Mental Health • Substance Abuse and Mental Health Services Administration • World Health Organization • National Swedish Centre for Suicide Research • New Zealand Youth Suicide Prevention Strategy*

The media can play a powerful role in educating the public about suicide prevention. Stories about suicide can inform readers and viewers about the likely causes of suicide, its warning signs, trends in suicide rates, and recent treatment advances. They can also highlight opportunities to prevent suicide. Media stories about individual deaths by suicide may be newsworthy and need to be covered, but they also have the potential to do harm. Implementation of the following recommendations for media coverage of suicide has been shown to decrease suicide rates.<sup>1,2</sup>

### **Suicide Contagion is Real**

.....between 1984 and 1987, journalists in Vienna covered the deaths of individuals who jumped in front of trains in the subway system. The coverage was extensive and dramatic. In 1987, a campaign alerted reporters to the possible negative effects of such reporting, and suggested alternate strategies for coverage. In the first six months after the campaign began subway suicides and non-fatal attempts dropped by more than eighty percent. The total number of suicides in Vienna declined as well.<sup>1-2</sup>

Research finds an increase in suicide by readers or viewers when:

The number of stories about individual suicides increases<sup>3,4</sup>

· A particular death is reported at length or in many stories<sup>3,5</sup>

· The story of an individual death by suicide is placed on the front page or at the beginning of a broadcast<sup>3,4</sup>

· The headlines about specific suicide deaths are dramatic<sup>3</sup>

(A recent example: "Boy, 10, Kills Himself Over Poor Grades")

## Recommendations

The media can play a powerful role in educating the public about suicide prevention. Stories about suicide can inform readers and viewers about the likely causes of suicide, its warning signs, trends in suicide rates, and recent treatment advances. They can also highlight opportunities to prevent suicide. Media stories about individual deaths by suicide may be newsworthy and need to be covered, but they also have the potential to do harm. Implementation of recommendations for media coverage of suicide has been shown to decrease suicide rates.<sup>1,2</sup>

- Certain ways of describing suicide in the news contribute to what behavioral scientists call "suicide contagion" or "copycat" suicides.<sup>7,9</sup>
- Research suggests that inadvertently romanticizing suicide or idealizing those who take their own lives by portraying suicide as a heroic or romantic act may encourage others to identify with the victim.<sup>6</sup>
- Exposure to suicide method through media reports can encourage vulnerable individuals to imitate it.<sup>10</sup> Clinicians believe the danger is even greater if there is a detailed description of the method. Research indicates that detailed descriptions or pictures of the location or site of a suicide encourage imitation.<sup>1</sup>
- Presenting suicide as the inexplicable act of an otherwise healthy or high-achieving person may encourage identification with the victim.<sup>6</sup>

## Suicide and Mental Illness

Did you know?

- Over 90 percent of suicide victims have a significant psychiatric illness at the time of their death. These are often undiagnosed, untreated, or both. Mood disorders and substance abuse are the two most common.<sup>11-15</sup>
- When both mood disorders and substance abuse are present, the risk for suicide is much greater, particularly for adolescents and young adults.<sup>14,15</sup>
- Research has shown that when open aggression, anxiety or agitation is present in individuals who are depressed, the risk for suicide increases significantly.<sup>16-18</sup>

The cause of an individual suicide is invariably more complicated than a recent painful event such as the break-up of a relationship or the loss of a job. An individual suicide cannot be adequately explained as the understandable response to an individual's stressful occupation, or an individual's membership in a group encountering discrimination. Social conditions alone do not explain a suicide.<sup>19-20</sup> People who appear to become suicidal in response to such events, or in response to a physical illness, generally have significant underlying mental problems, though they may be well-hidden.<sup>12</sup>

## Questions to ask:

- Had the victim ever received treatment for depression or any other mental disorder?
- Did the victim have a problem with substance abuse?

### **Angles to pursue:**

- Conveying that effective treatments for most of these conditions are available (but underutilized) may encourage those with such problems to seek help.
- Acknowledging the deceased person's problems and struggles as well as the positive aspects of his/her life or character contributes to a more balanced picture.

### **Interviewing surviving relatives and friends**

Research shows that, during the period immediately after a death by suicide, grieving family members or friends have difficulty understanding what happened. Responses may be extreme, problems may be minimized, and motives may be complicated.<sup>21</sup>

Studies of suicide based on in-depth interviews with those close to the victim indicate that, in their first, shocked reaction, friends and family members may find a loved one's death by suicide inexplicable or they may deny that there were warning signs.<sup>22,23</sup> Accounts based on these initial reactions are often unreliable.

### **Angles to Pursue:**

- Thorough investigation generally reveals underlying problems unrecognized even by close friends and family members. Most victims do however give warning signs of their risk for suicide (see [Resources](#)).
- Some informants are inclined to suggest that a particular individual, for instance a family member, a school, or a health service provider, in some way played a role in the victim's death by suicide. Thorough investigation almost always finds multiple causes for suicide and fails to corroborate a simple attribution of responsibility.

### **Concerns:**

- Dramatizing the impact of suicide through descriptions and pictures of grieving relatives, teachers or classmates or community expressions of grief may encourage potential victims to see suicide as a way of getting attention or as a form of retaliation against others.
- Using adolescents on TV or in print media to tell the stories of their suicide attempts may be harmful to the adolescents themselves or may encourage other vulnerable young people to seek attention in this way.

### **Language**

Referring to a "rise" in suicide rates is usually more accurate than calling such a rise an "epidemic," which implies a more dramatic and sudden increase than what we generally find in suicide rates.

Research has shown that the use in headlines of the word suicide or referring to the cause of death as self-inflicted increases the likelihood of contagion.<sup>3</sup>

### **Recommendations for language:**

- Whenever possible, it is preferable to avoid referring to suicide in the headline. Unless the suicide death took place in public, the cause of death should be reported in the body of the story and not in the headline.

- In deaths that will be covered nationally, such as of celebrities, or those apt to be covered locally, such as persons living in small towns, consider phrasing for headlines such as: "Marilyn Monroe dead at 36," or "John Smith dead at 48." Consideration of how they died could be reported in the body of the article.
- In the body of the story, it is preferable to describe the deceased as "having died by suicide," rather than as "a suicide," or having "committed suicide." The latter two expressions reduce the person to the mode of death, or connote criminal or sinful behavior.
- Contrasting "suicide deaths" with "non-fatal attempts" is preferable to using terms such as "successful," "unsuccessful" or "failed."

## **Special Situations**

### **Celebrity Deaths**

Celebrity deaths by suicide are more likely than non-celebrity deaths to produce imitation.<sup>24</sup> Although suicides by celebrities will receive prominent coverage, it is important not to let the glamour of the individual obscure any mental health problems or use of drugs.

### **Homicide-Suicides**

In covering murder-suicides be aware that the tragedy of the homicide can mask the suicidal aspect of the act. Feelings of depression and hopelessness present before the homicide and suicide are often the impetus for both.<sup>25,26</sup>

### **Suicide Pacts**

Suicide pacts are mutual arrangements between two people who kill themselves at the same time, and are rare. They are not simply the act of loving individuals who do not wish to be separated. Research shows that most pacts involve an individual who is coercive and another who is extremely dependent.<sup>27</sup>

### **Stories to consider covering**

- Trends in suicide rates
- Recent treatment advances
- Individual stories of how treatment was life-saving
- Stories of people who overcame despair without attempting suicide
- Myths about suicide
- Warning signs of suicide
- Actions that individuals can take to prevent suicide by others

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**Recommendations for the media are available at**  
**[www.afsp.org/education/newrecommendations.htm](http://www.afsp.org/education/newrecommendations.htm)**

## Resources

### United States

- Centers for Disease Control and Prevention  
Phone: 1-800-311-3435  
<http://www.cdc.gov/>
- National Institute of Mental Health  
Phone: 301-443-4513  
<http://www.nimh.nih.gov/>
- Substance Abuse and Mental Health - Services Administration  
Phone: 1-800-487-4890  
<http://www.samhsa.gov/>

### International

- Canterbury Suicide Project (New Zealand)  
Phone: 64 3 364 0530  
[www.chmeds.ac.nz/RESEARCH/SUICIDE/Suicide.htm](http://www.chmeds.ac.nz/RESEARCH/SUICIDE/Suicide.htm)
- National Swedish Centre for Suicide Research  
Phone: +46 08/728 70 26  
[www.ki.se/ipm/enheter/engSui.html](http://www.ki.se/ipm/enheter/engSui.html)

- Office of the Surgeon General  
National Strategy for Suicide  
Prevention  
<http://www.mentalhealth.org/suicideprevention/>
- American Association of  
Suicidology  
Phone: 202-237-2280  
<http://www.suicidology.org/>
- National Youth Suicide  
Prevention Project  
(Australia)  
Phone: 61 3 9214 7888  
[www.aifs.org.au/ysp](http://www.aifs.org.au/ysp)
- Suicide Information and  
Education Centre  
Phone: 403 245-3900  
<http://www.suicideinfo.ca/>
- World Health Organization  
Phone: +00 41 22 791 21 11  
<http://www.who.int/>

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## **VI. National Suicide Prevention Resources: Descriptions and Contact Information**

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## **National Suicide Prevention Resources**

### **American Academy of Child and Adolescent Psychiatry (AACAP)**

[www.aacap.org](http://www.aacap.org)

3615 Wisconsin Avenue, NW

Washington D.C. 20016

Phone: 202-966-7300

Fax: 202-966-2891

*This website promotes the following: an understanding of mental illnesses and removing the stigma associated with them; advancing efforts in prevention of mental illnesses, and assuring proper treatment and access to services for children and adolescents.*

### **American Association of Suicidology (AAS)**

[www.Suicidology.org](http://www.Suicidology.org)

4201 Connecticut Ave., NW #408

Washington, D.C. 20008

Phone: 202-237-2280

Fax: 202-237-2282

*Dedicated to the understanding and prevention of suicide. AAS promotes research, public awareness programs, education and training for professionals and volunteers, and serves as a national clearinghouse for information on suicide. Suicide grief support brochure available: "Survivors of Suicide, Coping with the Suicide of a Loved One."*

### **American Foundation for Suicide Prevention (AFSP)**

[www.afsp.org](http://www.afsp.org)

120 Wall Street, 22nd Floor

New York, New York 10005

Phone: 888-333-AFSP, 212-363-3500

Fax: 212-363-6237

*Funds research, education and treatment aimed at the prevention of suicide and the understanding of depression. Maintains a national directory of survivor support groups. Recommendations for the media for responsible reporting on suicide available on website.*

### **American Psychological Association (APA)**

[www.apa.org](http://www.apa.org)

750 First Street, NE

Washington, DC 20002

Phone: 202-336-5500

Fax: 202-336-5568

*The largest scientific and professional organization representing psychology in the United States and the world's largest association of psychologists, APA works to advance psychology as a science, as a profession, and as a means of promoting human welfare. PsychINFO is an electronic database of abstracts on over 1,350 scholarly journals.*

**Centers for Disease Control and Prevention (CDC)**  
**National Center for Injury Prevention and Control (NCIPC)**

<http://www.cdc.gov/ncipc/default.htm>

Mailstop K60

4770 Buford Highway, NE

Atlanta, GA 30341-3724

Phone: 770-488-1506

Fax: 770-488-1667

*As the lead federal agency for injury prevention, NCIPC works closely with other federal agencies, national, state, and local organizations, state and local health departments, and research institutions. Focuses on science-based prevention strategies to reduce injuries and deaths due to interpersonal violence and suicidal behavior.*

**Center for School Mental Health Assistance**

<http://csmha.umaryland.edu>

University of Maryland at Baltimore

680 West Lexington St., 10th Fl

Baltimore, MD. 21201-1570

Phone: 888-706-0980, 410-706-0980

Fax: 410-706-0984

*Provides leadership and technical assistance to advance effective interdisciplinary school-based mental health programs. The Center offers a forum for training, the exchange of ideas, and promotion of coordinated systems of care that provide a full continuum of services to enhance mental health, development and learning in youth.*

**Join Together**

[www.jointogether.org](http://www.jointogether.org)

441 Stuart Street

7th Floor

Boston, MA 02116

Phone: 617-437-1500

Fax: 617-437-9394

*A national resource for communities fighting substance abuse and gun violence. Join Together Online provides up to-date news and information. A project of the Boston University School of Public Health.*

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**National Association of School Psychologists  
National Mental Health and Education Center**

[www.nasponline.org](http://www.nasponline.org)

4340 East West highway Suite 402

Bethesda MD 20814

Phone: 301-657-0270

Fax: 301-657-0275

*Promotes educationally and psychologically healthy environments for all children and youth by implementing research-based effective programs that prevent problems, enhance independence and promote optimal learning. Resources on mental illness, including depression and suicide.*

**National Center for Suicide Prevention Training  
EDC/Harvard School of Public Health**

55 Chapel Street

Newton, MA 02458-0160

Phone: 617-618-2418

[www.ncspt.org](http://www.ncspt.org)

Contact: Deb Stone

[Debstone@edc.org](mailto:Debstone@edc.org)

*Development of suicide prevention training website for professionals. This website will provide internet based workshops on the following topics: using data to educate the public and policy makers about youth suicide, youth suicide prevention planning and evaluation and youth suicide prevention gatekeeper training. In addition, the website will provide on-line resources and archives of the materials and discussions generated during the facilitated workshops.*

**National Depressive and Manic-Depressive Association**

[www.ndmda.org/suicide.htm](http://www.ndmda.org/suicide.htm)

730 N. Franklin Street, Suite 501

Chicago, Illinois 60610-7204

Phone: 800-826-3632, 312-642-0049

Fax: 312-642-7243

*Seeks to educate patients, families, professionals, and the public on the nature of depressive and manic-depressive illness as treatable medical diseases; to foster self-help for patients and families; to eliminate discrimination and stigma; to improve access to care; and to advocate for research toward the elimination of these illnesses.*

**National Foundation for Depressive Illness, Inc.**

[www.depression.org](http://www.depression.org)

P.O. Box 2257

New York, NY 10116

Phone: 800-239-1265

*The National Foundation For Depressive Illness (NAFDI) was established in 1983 to provide public and professional information about affective disorders, the availability of treatment, and the urgent need for further research. The Foundation is committed to an extensive, ongoing public information campaign. Information and book reviews available on-line.*

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**National Institute of Mental Health (NIMH)**

[www.nimh.nih.gov/research/suicide.htm](http://www.nimh.nih.gov/research/suicide.htm)

6001 Executive Boulevard

Rm. 8184 MSC 9663

Bethesda, MD 20892-9663

Phone: 301-443-8410

Fax: 301-443-4279

*The NIMH Suicide Research Consortium coordinates program development in suicide research across the Institute, identifies gaps in the scientific knowledge base on suicide across the life span, stimulates and monitors extramural research on suicide, keeps abreast of scientific developments in suicidology and public policy issues related to suicide surveillance, prevention and treatment, and disseminates science-based information on suicidology to the public, media, and policy makers .*

**National Mental Health Awareness Campaign**

[www.nostigma.org](http://www.nostigma.org).

*NMHAC is a nationwide, anti-stigma, public education campaign announced jointly by President Clinton and Tipper Gore in June 1999 as part of the first ever White House Conference on Mental Health. The Campaign has launched a five-year effort that takes a life span approach to combating stigma by targeting three distinct groups – youth, adults and seniors. A website and Public Service Announcement (PSA) for youth has been developed and entitled: “Its Not Your Fault.”*

**The National Mental Health Association Resource Center (NMHA)**

[www.nmha.org](http://www.nmha.org)

1021 Prince St.

Alexandria, VA 22314-2971

Phone: 800-969-NMHA (6642)

Fax: 888-836-6070

*Provides referrals for mental health services to the public; local mental health associations; corporations and other mental health organizations.*

*Also available is a link to depression screening for teens at [www.depression-screening.org](http://www.depression-screening.org). Please note that this depression screening is not intended to diagnose clinical depression, but may help to identify symptoms for further evaluation.*

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**National Mental Health Services Knowledge Exchange Network (KEN)**

[www.mentalhealth.org](http://www.mentalhealth.org)

P.O. Box 42490

Washington, D.C. 20015

Phone: 800-789-2647

Fax: 301-984-8796

*Provides a user-friendly, "one stop" gateway to a wide range of resources on mental health services. The KEN database provides current information about Center for Mental Health Services technical assistance centers, federal, state, and local mental health agencies, other national clearinghouses and information centers, mental health organizations and professional associations, and consumer and family advocacy organizations.*

**National Organization for People of Color Against Suicide**

Dr. Donna Barnes, Founder and President

PO Box 125

San Marcos, Texas 78667

Phone: 830-625-3576

Email: [db31@swt.edu](mailto:db31@swt.edu)

*This small organization focuses on helping suicide survivors heal and reaches into communities with high suicide rates.*

**Suicide Prevention Resource Center**

Education Development Center, Inc.

55 Chapel Street

Newton, MA 02458-1060

[www.sprc.org](http://www.sprc.org)

Director: Morton M. Silverman, M.D.

Phone: 617-618-2379

[Msilverman@edc.org](mailto:Msilverman@edc.org)

*The Suicide Prevention Resource Center (SPRC) is a national resource center that provides technical assistance, training and information in order to strengthen suicide prevention networks and advance the National Strategy for Suicide Prevention. The center will 1) provide suicide prevention technical assistance to national, state, and local organizations, 2) disseminate suicide prevention related information, 3) identify best practices in suicide prevention, 4) develop and deliver training on suicide prevention topics, and 5) conduct policy activities.*



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**National Youth Violence Prevention Resource Center**

<http://www.safeyouth.org/home.htm>

8401 Colesville Road, Suite 200

Silver Spring, MD 20910

Phone: 866-723-3968, 866-SAFEYOUTH

Fax: 301-562-1001

*Established as a central source of information on prevention and intervention programs, publications, research, and statistics on violence committed by and against children and teens. Sponsored by the White House Council on Youth Violence, the Resource Center is a collaboration between the Council, the Centers for Disease Control and Prevention and other Federal agencies.*

**SA/VE**

**Suicide Awareness Voice of Education**

[www.save.org](http://www.save.org)

PO Box 24507

Minneapolis, MN 55424-0507

Phone: 952- 946-7998

Toll Free: 888-511-SAVE

Fax: 952-829-0841

National Hotline 1-800-SUICIDE (784-2433)

*The mission of SAVE is to educate the public about suicide prevention and to speak for suicide survivors. Public awareness campaign funded by grant from Minnesota Department of Public Health, "Depression: Treat It As If Your Life Depended On It." Community survival kit available for \$98 plus shipping. Grief support.*

**Suicide Information and Education Centre**

[www.siec.ca/information.html](http://www.siec.ca/information.html)

201, 1615 - 10th Avenue S.W.

Calgary, Alberta, Canada T3C 0J7

Phone: 403-245-3900

Fax: 403-245-0299

*Maintains a resource library with extensive information on suicide prevention, postvention, and intervention efforts and trends, and can provide information to develop successful suicide prevention, intervention, and postvention programs, including statistics, resource people, computer literature searches, and document delivery.*

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**Suicide Prevention Action Network USA, Inc. (SPAN)**

[www.spanusa.org](http://www.spanusa.org)

5034 Odin's Way

Marieta, GA 30068

Phone: 888-649-1366

Fax: 770-642-1419

*A national grassroots, non-profit organization bridging all suicide prevention efforts to lower suicide rates (especially among young people) in the United States and worldwide. SPAN hosted a National Planning Summit to develop a National Strategy for Suicide Prevention in October 1998 and recently hosted a July 2002 meeting.*

**Substance Abuse and Mental Health Services Administration (SAMHSA)**

[www.samhsa.gov/](http://www.samhsa.gov/)

5600 Fishers Lane, Rm. 12-105

Rockville, MD 20857

Phone: 301-443-4795

Fax: 301-443-0284

*SAMHSA is a federal agency charged with improving the quality and availability of prevention, treatment, and rehabilitation services in order to reduce illness, death, disability, and cost to society resulting from substance abuse and mental illnesses.*

**Violence Policy Center**

[www.vpc.org](http://www.vpc.org)

1140 19th Street, NW, Suite 600

Washington, DC 20036

Phone: 202-822-8200

Fax: 202-822-8205

*A national educational organization that works to reduce gun death and injury in America by approaching firearms violence as a public health issue and illustrating the need to hold firearms to the same health and safety standards we hold all other consumer products.*

Disclaimer: The sites listed here have been identified based on their relevance to intentional injury prevention. Views expressed on the web sites are not necessarily those of the Massachusetts Department of Public Health.

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## **VII. Education and Training**

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## **Education and Training**

### **National**

#### **Center for Injury Prevention and Practice**

San Diego State University  
Graduate School of Public Health  
6505 Alvarado Road, Suite 208  
San Diego, CA 92120  
Phone: 619-544-3691  
Davidl@safetylit.org  
[Safetylit.org](http://Safetylit.org)

Provides information about the occurrence and prevention of injuries available from many sources and disciplines. Safetylit staff and volunteers regularly examine more than 100 journals and scores of reports from government agencies and organizations. Each week Safetylit abstracts are read by 12,000 people from 63 Nations.

#### **Children's Safety Network (CSN)**

#### **National Injury and Violence Prevention Resource Center Education Development Center, Inc.**

55 Chapel Street  
Newton, MA 02458-1060  
Phone: 617-618-2230  
Fax: 617-969-9186  
[www.childrenssafetynetwork.org](http://www.childrenssafetynetwork.org).  
Email: [csn@edc.org](mailto:csn@edc.org)

For rural youth suicide issues: 715-389-4999

For youth suicide data information: 619-594-3691

For youth suicide economic and data information 301-781-09891

*Provides resources and technical assistance to maternal and child health agencies and other organizations seeking to reduce unintentional injuries and violence to children and adolescents. CSN's four resource centers provide information, training and technical assistance to aid states, communities and others in developing and enhancing injury and violence prevention programs. Funded by Health Resources and Services Administration's (HRSA) Maternal and Child Health Bureau.*

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**Families for Depression Awareness**

118 Waltham St. 2<sup>nd</sup> floor  
Wellesley, MA 02772-4808  
Phone: 617-924-9383  
Fax: 617 -924-9192  
[www.familyaware.org](http://www.familyaware.org)  
Julie Totten  
Email- [info@familyaware.org](mailto:info@familyaware.org)

*National education and advocacy organization to help families recognize and cope with depression of a family member. **Family Profiles** depicts photos and interviews with families coping with depression. Brochure available by mail entitled, "Helping Someone Who is Depressed".*

**Light for Life Foundation International  
Yellow Ribbon Suicide Prevention Program**

PO Box 644  
Westminster, CO 80036-0644  
Phone: 303-429-3530  
Fax: 303-429-4496  
[www.yellowribbon.org](http://www.yellowribbon.org)

*A national program that provides support services to youth and offers trainings, seminars and workshops to teach awareness and suicide prevention skills.*

*The program began in Colorado after a high school student committed suicide. Youth can obtain Yellow Ribbon cards, giving them permission and a way to ask for help. There are local chapters through the US including one at Sharon High School. The program at Sharon High meets weekly where students are also producing a video on suicide prevention through a grant from Caritas- Norwood Hospital Consortium.*

**National Center for Suicide Prevention Training  
EDC/Harvard School of Public Health**

55 Chapel Street  
Newton, MA 02458-0160  
Phone: 617-618-2418  
[www.ncspt.org](http://www.ncspt.org)  
Contact: Deb Stone  
[Debstone@edc.org](mailto:Debstone@edc.org)

*Development of suicide prevention training website for professionals. This website will provide internet based workshops on the following topics: using data to educate the public and policy makers about youth suicide, youth suicide prevention planning and evaluation and youth suicide prevention gatekeeper training. In addition, the website will provide on-line resources and archives of the materials and discussions generated during the facilitated workshops.*

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**Question Persuade Refer (QPR) Institute**

P.O. Box 2867  
Spokane, WA 99220  
Toll Free: 1- 888-726-7926  
Fax: 509-536-5400  
[www.qprinstitute.com](http://www.qprinstitute.com)

*The QPR Institute offers comprehensive suicide prevention training programs, educational and clinical materials for the general public, professionals, and institutions.*

**Screening for Mental Health**

National Depression Screening Day  
SOS High School Suicide Prevention Program  
One Washington St. Suite 304  
Wellesley Hills, MA 02481  
Phone: 781-239-0071  
Fax: 781-431-7447  
Mary Brant, Program Manager  
[Mbrant@mentalhealthscreening.org](mailto:Mbrant@mentalhealthscreening.org)  
[www.mentalhealthscreening.org](http://www.mentalhealthscreening.org)

*Screening for Mental Health (SMH) is the organization that introduced the depression screening tool and has also developed a suicide prevention program for high school students. The SOS High School program teaches students to identify early warning signs of suicide and how to deal with a mental health emergency. The program is available to schools for \$150 or for free for the first 1000 schools through a grant from the Ronald McDonald House charities. Call to check on availability.*

**Statewide****MA Department of Corrections**

PO Box 317  
Medfield, MA 02052  
Phone: 617-727-8528 x137  
Fax: 617-727-8564  
Contact: Greg Hughes  
[Heagreg@DOC.State.ma.us](mailto:Heagreg@DOC.State.ma.us)

*Care and custody of inmates. Mental health screening, treatment and intervention. Support groups, education and training on suicide prevention in English and Spanish across Massachusetts. Professional training in suicide prevention for correctional officers.*

**Massachusetts Department of Public Health  
Injury Prevention and Control Program**

<http://www.state.ma.us/dph/ipcp.htm>

250 Washington Street

Boston, MA 02108

Phone: 617-624-5070

Fax: 617-624-5075

*The Injury Control and Prevention Program (IPCP) seeks to promote reduction in the incidence of residential, recreational, school, traffic, and violent injuries and suicide among Massachusetts residents, and to improve emergency medical services for children.*

**Massachusetts Violence Prevention Task Force**

[www.violenceprevention.com](http://www.violenceprevention.com)

250 Washington St. 4<sup>th</sup> floor

Boston, MA 02108

Phone: 617-624-5488

Fax: 617-624-5075

*Copies of MA state suicide prevention plan available, suicide prevention fact sheets, curriculum and other resources can be downloaded from the website.*

## **Northeast**

**Andover CARES**

Phone: 978-470-0869

Contact: Diane Hender

*Community group dedicated to advocacy and education on the issue of suicide prevention and other risks to teens. Started in 1994 in response to 3 suicides in Andover, group has produced Family Resources Directory mailed to all households in the community, a booklet entitled "Andover Parents Together: Suggestions for the Teen Years- Your Survival and Theirs," for parents, and is currently working on booklet for high school students. Group has co-sponsored numerous parent and community programs in affiliation with Andover Public Schools.*

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## **Southeast**

### **Adolescent Suicide Prevention Project**

#### **South Shore Hospital**

55 Fogg Rd. Box 40

S. Weymouth, MA 02190

Phone: 781-794-7415

Kim Noble, School Health Coordinator

[kimberly\\_noble@sshosp.org](mailto:kimberly_noble@sshosp.org)

Dr. Barbara Green

Phone: 781-749-9227

*A collaborative project between South Shore Hospital, the communities of Norfolk County and the public, private and parochial schools. The project links services in the area to reduce suicides among young people. Through education and consultations with parents, educators and teens, at-risk adolescents are identified and treated. Program also includes parent education nights, peer leadership training, gatekeeper training, crisis intervention for school personnel and a Peer Leadership Training Manual for High School students.*

### **Suicide Prevention Task Force of Norfolk Anti-Crime Council**

45 Shawmut Rd.

Canton, MA 02021

Phone: 781-830-4800 x399

Fax: 781-830-4801

Karen Barnett

*In response to high number of suicides in Norfolk County from 1999-2001 investigated by Norfolk District Attorney, William Keating. Developed brochure and resource guide for adults and professionals to access support and information to prevent adolescent suicide.*

## **Boston**

### **Boston Public Health Commission**

Department of Child and Adolescent Health

1010 Massachusetts Avenue

Boston, MA 02118

Phone: 617-534-2279

Fax: 617 534 4688

Suzanne Fields, Director

[Suzanne\\_fields@bphc.org](mailto:Suzanne_fields@bphc.org)

[www.talklisten.org](http://www.talklisten.org)

*Information and help for youth and parents addressing mental health issues. Youth-friendly website to answer questions and provide information and resources.*

## **Regional Centers for Healthy Communities**



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## **(Formerly known as MassPrevention Centers)**

*Brochures, curriculum, videos, assessment and planning tools for suicide prevention.*

### **1. Serving the Western Massachusetts area**

10 Main Street  
Florence, MA 01062  
Contact: Jeff Harness  
Phone: 413-584-3880/ 800-850-3880  
Fax: 413-586-6132  
<http://www.westernmassprevention.org>

### **2. Serving the Metrowest area**

552 Massachusetts Ave, Suite 203  
Cambridge, MA 02139-4088  
Phone: 617-441-0700  
Fax: 617-441-0555  
<http://healthiercommunities.org>

### **3. Serving the Northeast region**

101 Amesbury St., Suite 405  
Lawrence, MA 01840  
Phone: 978-688-2323  
Fax: 978-975-7779  
[www.massprev.org](http://www.massprev.org)  
Contact: Christine Gruse  
*Works closely with Merrimack Valley suicide prevention coalition*

### **4. Serving the Greater Boston area**

622 Washington St.  
Dorchester, MA 02124  
Contact: Margie Henderson  
Phone: (617) 451-0049  
<http://masspreventioncenter.org>

### **5. Serving the Metro Southeastern area**

942 West Chestnut St.  
Brockton, MA 02301  
Contact: Tracy Desovich  
Phone: (508) 583-2350/ (800) 530-2770  
<http://www.brocktonpc.org>

Howland Place  
651 Orchard St.  
New Bedford, MA 02744  
(508) 994-5084  
<http://www.preventionworks.org>

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## School Curricula

*There is some controversy as to whether or not it is recommended to use students as gatekeepers. However, student education is vital to increasing awareness about the problem of suicide. The following school curricula contain suicide prevention as a component to the overall training.*

### **Student/Gatekeeper training programs:**

Peer Gatekeepers Training/North Dakota  
[www.health.state.nd.us/ndhd/presentations/suicide3](http://www.health.state.nd.us/ndhd/presentations/suicide3)

ASAP/Lifelines curriculum (also adult training)/Maine  
[www.state.me.us/suicide/sgatedet.htm](http://www.state.me.us/suicide/sgatedet.htm)

Living Works Suicide Intervention Training for teens and QPR Youth Training (Question/Persuade/Refer) is designed mainly for professionals who may come into contact with potentially suicidal persons/ Youth Suicide Prevention Program/Washington State [www.yspp.org](http://www.yspp.org)

Centers for Disease Control, US Department of Health & Human Services. *Youth Suicide Prevention Programs: A Resource Guide*. Full text available at:  
<http://smph.psych.ucla.edu/gf/suicide-gt/suicide-training.pdf>

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## **School-based counseling**

### **National**

#### **CHAND**

College Health Association of Nursing Directors

President, Robin McNally

Clark University

[Rmcnally@clark.edu](mailto:Rmcnally@clark.edu)

*30 colleges and universities in Massachusetts are affiliated with this group and meet regularly to discuss protocols and procedures for student health services. Also contact individual school's Mental Health Services Department for 24-hour on-call emergency service.*

### **Massachusetts**

#### **Central MA**

##### **YOU, Inc**

52 Charlton St.

Southbridge, MA 01550

Phone: 508-849-5649

##### **May Institute**

178 Pine St.

Fall River, MA 02720

Phone: 508-678-0041

Pat Reardon, PsyD

[www.mayinstitute.org](http://www.mayinstitute.org)

Mental health counseling and treatment for teens and gay youth. School-based interactive presentations.

#### **Metrowest**

##### **Tri County Regional Vocational Training High School**

147 Pond Street

Franklin, MA 01746

Phone: 508-528-5400

Fax: 508-528-6074

*School-based services; mental health counseling, anti-stigma campaigns, crisis response for teens and gay/lesbian youth.*

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## **VIII. Suicide Prevention Coalitions**

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## **Suicide Prevention Coalitions**

### **Statewide Coalition: *Suicide Prevention Working Group***

Chair: Ramya Sundararaman, MD, MPH  
Senior Technical Assistance Specialist  
Suicide Prevention Resource Center  
Education Development Center, Inc.  
55 Chapel Street  
Newton, MA 02458-1060  
Phone: 617-618-2793  
Fax: 617-969-9186

**rsundararaman@edc.org**

Co-Chair: Gregory A. Miller  
Executive Director  
Samaritans of Merrimack Valley  
169 East Street  
Methuen, MA 01844  
Phone: 978-688-0030  
Fax: 978-688-6009  
**gamiller@samaritans-mass.org**

*The mission of the Massachusetts Suicide Prevention Working Group is to support and develop effective suicide prevention initiatives by providing leadership and advocacy, promoting collaborations among organizations, developing and recommending policy and promoting research.*

### **Local coalitions:**

*The following agencies were selected by the Department of Public Health in 2002 to establish or maintain a coalition responsible for assessing suicide prevention programs and services for their target population and designated communities. The coalitions include professionals from mental health, faith-based organizations, elder services, healthcare systems, education, public safety and survivors. This pilot project enhanced the Department's aim for establishing coordinated suicide prevention and awareness training and outreach at the community level.*

### **Western**

#### **Baystate Medical Center's Behavioral Health Services**

759 Chestnut Street  
Springfield, MA 01199  
Contact: Benjamin Liptzin, M.D.  
Phone: 413-794-4235  
benjamin.liptzin@bhs.org

*The Baystate Medical Center's Behavioral Health Services department will lead the development of a suicide prevention coalition in the Pioneer Valley (Hampden, Hampshire and Franklin Counties). The coalition will target males 35-44, elders, refugee and immigrant groups and consumers of behavioral health services.*

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### **North East**

#### **Samaritans of Merrimack Valley**

169 East Street

Methuen, MA 01844-5444

Contact: Gregory A. Miller

Phone: 978- 688-0030

gamiller@samaritans-mass.org

*The Samaritans of Merrimack Valley serves as the lead agency for the Lawrence Community Health Network Area (CHNA) Suicide Prevention Committee. The CHNA Suicide Prevention Committee has been meeting monthly since July 2000 for the purpose of developing collective leadership to identify, develop, and support effective suicide prevention strategies.*

### **Metrowest**

#### **Metro West Suicide Prevention Project**

#### **South Middlesex Opportunity Council**

300 Howard Street

Framingham, MA 01702

Contact: Kim Manning

Phone: 508- 879-2250

KIMM@SMOC.org

*The Metro West Suicide Prevention Project will be created as a Task Force of the Metro West Community Health Coalition. The following agencies will participate on the Task Force: Advocates Emergency Services, Wayside Youth and Family, Samaritans Suburban West, Mass Department of Mental Health and SMOC Behavioral Health Services. The Task Force will target DMH clients ages 25-44.*

### **Metro Boston**

#### **The Everett Coalition for Suicide Prevention**

#### **Cambridge Public Health Commission**

230 Highland Avenue

Somerville, MA 02143

Contact: Jean Granick

Phone: 617-591-6927

jgranick@challiance.org

*The Everett Coalition for Suicide Prevention is a newly formed coalition which will develop initiatives for establishing and coordinating community-based prevention programs and support services for survivors of suicide.*

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**The Brighton-Allston Community Assessment for Suicide Prevention Task Force**  
**Brighton-Allston Mental Health Association**

77B Warren Street

Brighton, MA 02135

Contact: Philip Decter, LICSW

Phone: 617- 787-1901

Pdecter@bamha.org

*The Brighton-Allston Community Assessment for Suicide Prevention Task Force is a coordination of efforts between the Brighton-Allston Mental Health Association and The Allston-Brighton Healthy Boston Coalition. Its goal is to assess and make plans for increased coordination of suicide prevention services for Brighton-Allston residents ages 35-44.*

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## **IX. Services for Gay, Lesbian and Bi-sexual Youth**



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## **Services for Gay, Lesbian and Bi-sexual youth**

### **National**

#### **The Gay, Lesbian and Straight Education Network (GLSEN)**

[www.glsen.org](http://www.glsen.org)

121 West 27th Street #804

New York, NY 10001

Phone: 212-727-0135

Fax: 212-727-0245

*GLSEN strives to assure that each member of every school community is valued and respected regardless of sexual orientation. Founded as a small volunteer group in Boston in 1990, GLSEN led the fight that made Massachusetts the first state to ban anti-gay discrimination in its public schools in 1993.*

#### **Pierre@virtualcity.com**

Phone: 403-245-8827

[www.virtualcity.com/youthsuicide](http://www.virtualcity.com/youthsuicide)

email: [Pierre@virtualcity.com](mailto:Pierre@virtualcity.com)

*Provides collection of information related to gay/bisexual male suicide, Internet resource links and bibliography with links to abstracts.*

#### **Trevor Project**

1-800-850-8078

*Phone crisis services for gay, lesbian, transexual, bisexual youth*

[www.trevorproject.com](http://www.trevorproject.com)

## Statewide

### **Massachusetts Department of Public Health**

#### **Supportive and Healthy Communities for Gay and Lesbian Youth**

250 Washington St. 4<sup>th</sup> floor

Boston, MA 02108-4619

Phone: 617-624-5937

Fax: 617-624-5075

Chris Ferguson, Director

Email: [chris.ferguson@state.ma.us](mailto:chris.ferguson@state.ma.us)

*Education and training on GLBTQ youth issues statewide to promote healthy school/community environment. Training for providers and professionals. The Gay and Lesbian youth Support Project of southeastern Mass has completed a Trainer's Manual, "Suicide and Violence Prevention: Creating Safety for Gay, Lesbian and Bisexual and Transgender Youth in our Communities." Contact Heidi Holland at Health Care of Southeastern Mass 800-530-2770 x214 for trainings on this manual.*

*Community forums for parents and family members of Gay and Lesbian youth sponsored by DPH for GLBT youth at:*

**PLAG:** Pam Guramone, West Somerville 781-891-5966

**Latino Health Institute:** Marty Matinez 617-350-6900

**Speak Out:** Nina Selvaggio, Boston 617-450-9776

## MetroBoston

### **Boston Alliance for Gay and Lesbian Youth (BAGLY)**

14 Beacon St., #506

Boston, MA 02108

Phone: 617-227-4313

Fax: 617-227-3266

[www.bagly.org](http://www.bagly.org)

*BAGLY has been serving the queer community in a number of ways for over twenty years. It is one of the most well known and respected institutions in the community for its Dedication to creating a safe-space where youth are free to explore their identities. Youth led and adult supported, the membership of BAGLY invites you to join us at any of our events or any of our meetings.*

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**Boston GLASS Community Center/JRI Health**

93 Massachusetts Ave. 3<sup>rd</sup> floor

Boston, MA 02115

Phone: 617-266-3349

Fax: 617-247-9860

**[www.bostonglass.org](http://www.bostonglass.org)**

*A drop-in center for gay, lesbian bisexual, transgender and questioning youth ages 13-25. Full-time professional staff to offer support. Discussion and support group and crisis counseling available. Information and referral and crisis response to gay and lesbian youth, peer-to-peer education.*

**Gay Lesbian Peer Listening Line**

**Fenway Community Health Center**

Phone: 617-267-0900 x 6489

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## **X. Elder Health Resources**

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## **Elder Health Resources**

### **Statewide**

#### **I-800 AGE INFO**

[www.800ageinfo.com](http://www.800ageinfo.com)

*This service assists in locating senior age/info centers in Massachusetts and regional centers dedicated to the emotional and physical well-being of seniors. Centers or **ASAPS** (Aging Services Access Points) provide case management, preliminary screening of depression and benefit and service information for seniors. Centers are listed by region on the website.*

#### **Boston Elder Info.**

**(617) 292-6211**

*Information and referral calls for the three Boston Aging Services Access Points: Boston Senior Home Care, Central Boston Elder Services, Inc. and City of Boston Commission on Affairs of the Elderly.*

108 Arlington St.

Boston, MA 02116

Phone: 617 426-0804

Fax: 617-426-0070

*Grassroots organization dedicated to ensuring that older people remain in the mainstream of life through education about aging issues. **The Mass Aging and Mental Health Coalition** focuses on mental health issues including suicide prevention. For additional information please contact chairperson Chet Jakubiak at [cjakubiak@maoa-inc.org](mailto:cjakubiak@maoa-inc.org).*

#### **The Massachusetts Commission on End of Life Care**

##### **Massachusetts Department of Public Health**

250 Washington St. 4th Floor

Boston, MA 02108

Phone: 617-624-5437

Fax: 617-624-5075

Ruth Palumbo

[www.endoflifecommission.org](http://www.endoflifecommission.org)

*The Massachusetts Commission on End of Life Care was created to improve the quality of life at the end of life. The Commission first met on March 30, 2001. An on-line resource guide has been developed to identify service providers and resources by region.*

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**Office of Elder Health****Massachusetts Department of Public Health**

250 Washington St 4<sup>th</sup> floor

Boston, MA 02118

Phone: 617-624-5407

Fax: 617 624-5075

Lillian Collavechio

*This program provides information, education and training on suicide prevention to providers as well as data on elder health.*

**Western****Hawthorne Services**

93 Main St.

Chicopee, MA 01020

Phone: 413-592-5199

Fax: 413- 594-8693

Jim Callahan, Director

**UMASS-Memorial Clinton Hospital**

201 Highland St.

Clinton, MA 01510

Phone: 978-368-3832

Fax: 978-368-3733

*FOR SENIORS, inpatient mental health treatment. Also serves New Hampshire, New York, Maine and Rhode Island. Services in Spanish as well as other languages through interpreter services. Training to professionals in nursing homes in local area. Medical psychiatry unit (20 beds). Information for elders suffering from depression.*

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## **MetroBoston**

### **Behavioral Health and Research**

Committee to End Elder Homelessness

1640 Washington St.

Boston, MA 02118

Phone: 617-369-1550

Fax: 617-369-1566 Non profit agency established to eliminate homelessness among elderly in Greater Boston.

Elder services and housing, mental health screening, counseling and treatment to a largely low- income population with complex mental, physical and substance abuse problems. Professional training available.

### **Kit Clark Senior Services**

1500 Dorchester Ave.

Dorchester, MA 02122

Phone: 617 825-5000 x138

Fax: 617-288-5991

Kathy Kuhn, Clinical Director

Email- [kkuhn@fdnh](mailto:kkuhn@fdnh)

*Services for seniors which include medical, mental health counseling, depression screening, substance abuse treatment and prevention as well as phone counseling, advocacy and treatment for suicide prevention.*

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## **XI. Hotlines/24 hour Crisis Lines**

**A. National Hotlines**

**B. Massachusetts Samaritans: 24 hour Crisis Centers/Hotlines**

**C. Massachusetts Emergency Service Providers:**

**1. 24 hour Crisis Intervention Teams**



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## **Description of Hotline and Crisis Line services:**

### **Hotline:**

Hotlines are generally toll-free and confidential phone lines which people can call to speak to trained volunteers in a time of crisis for support and advice. Some hotlines will provide resources and referrals.

### **Crisis Line:**

Crisis lines are generally toll-free and confidential phone lines that provide immediate help to people in emotional crisis. The services include suicide intervention, screening and referrals.

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## **Hotlines/24 hour crisis lines**

### **National Hotline Numbers**

**American Suicide Survival Line**  
1-888-SUICIDE

**Youth Crisis Line (Nine Line)**  
1-800-999-9999

**Trevor Project**  
1-800-850-8078  
*for gay, lesbian, transexual, bisexual youth*  
[www.trevorproject.com](http://www.trevorproject.com)

### **Samaritans: Massachusetts 24 hour Crisis Intervention/Hotlines**

**Samaritans of Boston. Inc.\***  
654 Beacon St. 6<sup>th</sup> floor  
Boston, MA 02215  
Business Line: 617-536-2460  
Fax: 617-247-0207  
24 hour Crisis Hotline: 617-247-0220  
Teen Line: 800-252-8336 (statewide)  
[www.samaritansofboston.org](http://www.samaritansofboston.org)  
Roberta Hurtig, Executive Director  
[rhurtig@samaritansofboston.org](mailto:rhurtig@samaritansofboston.org)

***For volunteering opportunities: 978-688-0030***

*The Samaritans is a non-denominational not-for-profit volunteer organization dedicated to reducing the incidence of suicide by befriending individuals in crisis and educating the community about effective prevention strategies. Anti-stigma campaigns, advocacy, education and training for all ages. Youth speakers bureau, teen-to-teen training programs include **Samariteens** and **Safe Place** support groups for individuals who have lost loved ones to suicide. Meetings facilitated by trained volunteers who are also survivors of suicide. 24 hour Crisis Hotline Center.*

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**Samaritans Suburban West, Inc.\***

235 Walnut St.

Framingham, MA 01702

Phone: 508-872-1780

Fax: 508-875-4910

Hotline: 800- 875-4500/508-478-7887

Teen Hotline: 877-SOS-TEEN (regional)

Alan Holmlund, Executive Director

sams@ma.ultranet.com

*Services include a Crisis Center and Hotline (accessible statewide); education and training for professionals and schools; support for bereaved friends and family and public advocacy.*

*Member of Metrowest Suicide Prevention Coalition. Safe Place support groups for bereaved.*

**Samaritans of Merrimack Valley, Inc.\***

169 East Street

Methuen, MA 01844-5444

Business phone: 978- 688-0030

Fax: 978-688-6009

Regional Hotline: 866-912-4673 (HOPE)

Teen Hotline: 888-767-8336 (SOS-TEEN)

Greater Lawrence: 978-688-6007

*For information about volunteering, speaker requests, or the Safe Place Support Group, please call the business line.*

**\*Member of MASSaction-Massachusetts Alliance of Samaritan Suicide Prevention Centers**

**Samaritans of Fall River/New Bedford, Inc.**

PO Box 9642

Fall River, MA 02720-0011

Phone: 508- 679-9777

Fax: 508- 647-5001

**Hotlines: 508-673-3777/508-999-7267**

Del Ferus, Executive Director

Jferus2@juno.com

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**The Samaritans of Cape Cod and the Islands, Inc.**

Academy Lane PO Box 65

Falmouth, MA 02541

Phone and Fax: 508-548-7999

Hotlines: 800-893-9900/508-893-9900

Barbara Curie, Executive Director

**State Police: Crisis Intervention**

**MA State Police**

**Crisis Negotiation Team**

450 Worcester Rd

Framingham, MA 01701

Contact: Captain Robert C. Laprel

Emergency Phone: 508-820-2121

***Can also be accessed by dialing 911 in case of emergency***

*Statewide crisis response for all ages. Police officers across the state trained in crisis negotiation and will be called to respond to a life-threatening situation.*

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## **Emergency Service Providers (ESP): Massachusetts 24 hour crisis intervention**

### **A crisis line gives immediate help to people in emotional crisis.**

*Emergency Service Providers provide mental health counseling. See Chapter 16 for additional emergency numbers and mental health services in each region across the state.*

#### **Western MA**

##### **Mental Health Services of the Berkshires**

333 East Street  
Pittsfield, MA 01201  
Phone: 413-499-0412

*Alford, Becket, Dalton, Egremont, Great Barrington, Hancock, Hinsdale, Lanesboro, Lee, Lenox, Moneterrey, Mt. Washington, New Ashford, New Marlboro, Otis, Peru, Pittsfield, Richmond, Sandisfield, Sheffield, Stockbridge, Tyringham, Washington, W. Stockbridge, Windsor*

##### **Mental Health Services of Berkshire/North**

25 Main Street  
Pittsfield, MA 01201  
Phone: 413-499-0412

*Adams, Cheshire, Clarksburg, Florida, Monroe, North Adams, Savoy, Williamstown*

##### **Clinical & Support Options, Inc.**

164 High Street  
Greenfield, MA 01301  
800-562-0112 (weekend and nights)  
413-774-5411

##### **Athol Office:**

100 Main Street  
Athol, MA 01331  
Phone: 508-249-0311 (weekends and nights)

*Ashfield, Athol, Bernardston, Buckland, Charlemont, Colrain, Conway, Deerfield, Erving, Gill, Greenfield, Hawley, Heath, Leverett, Leyden, Millers Falls, Montague, New Salem, Northfield, Orange, Petersham, Phillipston, Rowe, Royston, Shelburne, Shutesbury, Sunderland, Turner Falls, Warwick, Wendell, Whately*

**ServiceNet**  
129 Kings Street  
Northampton, MA 01060

*Amherst, Chesterfield, Cummington,  
Easthampton, Goshen, Hadley, Hatfield,  
Middlefield, Northampton, Pelham,  
Plainfield, Westhampton, Williamsburg,  
Worthington*

**Mt. Tom (Center for Human  
Development)**  
40 Bobola Road  
Holyoke, MA 01040  
Phone: 413-536-2251

*Belchertown, Bondville, Chicopee, Granby,  
Holyoke, Ludlow, Monson, Palmer, South  
Hadley, Southampton, Thorndike, Three  
Rivers, Ware*

**Behavioral Health Networks**  
503 Spring Street  
Springfield, MA 01101  
Phone: 413-733-6661

*East Longmeadow, Hampden, Longmeadow,  
Springfield*

**Westfield Area Mental Health**  
77 Mill St.  
Westfield, MA 01085  
Phone: 413-568-6386

*Agawan, Blanford, Chester, Granville,  
Huntington, Montgomery, Russell,  
Southwick, Toland, Westfield, West  
Springfield*

**Central**  
**Herbert Lipton MHC**  
45 Summer Street  
Leominster, MA 01453  
Phone: 800-542-2006

*Ashby, Ayer, Berlin, Bolton, Clinton,  
Fitchburg, Groton, Harvard, Lancaster,  
Leominster, Lunenburg, Pepperell, Shirley,  
Sterling, Townsend*

**North Central Human Services**  
31 Lake Street  
Gardener, MA 01440  
Phone: 978-632-9400

*Ashburnham, Barre, Gardener, Hardwick,  
Hubbardston, New Braintree, Oakham,  
Princeton, Rutland, Templeton,  
Westminster, Winchendon, Gilbertville*

**Harrington Memorial Hospital**  
100 South Street  
Southbridge, MA 01550  
Phone: 508-765-9771 x2580

*Brimfield, Brookfield, Charlton, Dudley, E.  
Brookfield, Holland, N. Brookfield, Oxford,  
Southbridge, Spencer, Sturbridge, Wales,  
Warren, Webster, West Brookfield*

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**UMASS Memorial Health Care**

55 Lake Street

Worcester, MA 01613

Phone: 508-856-3562

*Auburn, Boylston, Holden, Leicester, Paxton, Shrewsbury, W. Boylston, Worcester*

**North**

**North Shore Emergency Services**

131 Rantoul St.

Beverly, MA 01915

Phone: 888-550-4433

Business Line: 978-741-4433

*Beverly, Danvers, Essex, Gloucester,  
Hamilton, Ipswich, Manchester,  
Marblehead, Middleton, Peabody, Rockport,  
Salem, Topsfield, Wenham*

**Greater Lawrence Mental Health Center**

30 General Street

Lawrence, Ma 01842

Phone: 978-683-3128

*Andover, Lawrence, Methuen, N. Andover*

**Choate (Solomon MH Center)**

391 Varnum Avenue

Lowell, MA 01853

Phone: 800-830-5177

Business Line: 978-454-5844

*Billerica, Chelmsford, Dracut  
Dunstable, Lowell, Tewksbury  
Tyngsboro, Westford*

**North Essex Mental Health**

60 Merrimack St.

Haverhill, MA 01830

Phone: 800-281-3223

Business Line: 978-463-2100

*Amesbury, Boxford, Georgetown  
Groveland, Haverill, Merrimac  
Newbury, Newburyport, Rowley  
Salisbury, W. Newbury*

**Tri-City Mental Health**

95 Pleasant St.

Lynn, MA 01901

Phone: 800-988-1111

Business Line: 781-596-9211

*Lynn, Lynnefield, Nahant, Saugus  
Swampscott*

**Tri-City Mental Health**

173 Chelsea St

Everett, MA 02149

Phone: 800-988-1111

*Everett, Malden, Medford, Melrose  
N. Reading, Stoneham, Wakefield,  
Reading*

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**Metrowest****Advocates**

27 Hollis Street  
Framingham, MA 01701  
Phone: 800-640-5432  
Business Line: 508-872-3333

*Ashland, Dover, Framingham, Holliston,  
Hopkinton, Hudson, Marlborough, Natick,  
Northborough, Sherborn, Southborough,  
Sudbury, Wayland, Westborough*

**Blackstone Valley Community Care**

206 Milford Street  
Upton, MA 01568  
Phone: 508-634-3420

*Bellingham, Blackstone, Douglas, Franklin,  
Grafton, Hopedale, Medway, Mendon,  
Milford, Millbury, Millville, Northbridge,  
Sutton, Upton, Uxbridge*

**Southeastern**

Brockton Multi-Service Center  
165 Quincy Street  
Brockton, MA 02402  
Phone: 508-080-0101

*Abington, Avon, Bridgewater, Brockton, E.  
Bridgewater, Easton, Holbrook, Rockland,  
Stoughton, W. Bridgewater, Whitman*

**Corrigan Mental Health**

47 Hillside St.  
Fall River, MA 02722  
Phone: 508-678-2905

*Fall River, Freetown, Somerset,  
Swansea, Westport*

**New Bedford Child & Family Services**

444 Myrtle St.  
New Bedford, MA 02741  
Phone: 508-996-3154

*Acushnet, Dartmouth, Fairhaven,  
Gosnold, Marion, Mattapoisett, New  
Bedford, Onset, Rochester,  
Wareham*

**Family Continuity Program (FCP)**

193 Main St.  
Kingston, MA 02354  
Phone: 800-469-9888  
Business Line: 781-585-9888

*Carver, Duxbury, Halifax Hanover,  
Hanson, Kingston, Marshfield  
Pembroke, Plymouth, Plympton*

**Taunton/Attleboro Emergency Services**

108 West Main St. Bldg 2  
Norton, MA 02866  
Phone: 800-660-4300  
Business Line: 508-285-9400

*Attleboro, Berkley, Dighton, Lakeville,  
Mansfield, Middleboro, N. Attleboro,  
Norton, Raynham, Rehobeth, Seekonk,  
Taunton*



**Crisis Intervention Service of Cape Cod**

270 Communications Way

Hyannis, MA 02601

Phone: 508-778-4627

*Barnstable, Bourne, Brewster, Chatham,  
Chilmark, Cotuit, Dennis, Eastham,  
Edgartown, Falmouth, Gay Head, Harwich,  
Hyannis, Mashpee, Nantucket, Oak Bluffs,  
Orleans, Osterville, Provincetown,  
Sandwich, Tisbury, Truro, Vineyard Haven,  
Wellfleet, W. Tisbury, Woods Hole,  
Yarmouth*

**MetroBoston****Boston Emergency Service Team (B.E.S.T)**

750 Washington St

Boston, MA 02108

Phone: 800- 981-HELP

*Boston, Brookline, Chelsea, Revere,  
Winthrop*

**Cambridge Hospital**

12 Maple Ave

Cambridge, MA 02138

Phone: 617-665-1560 or 617-665-1572

*Cambridge, Somerville*

**Center for MH&MR Services**

1040 Waltham Street

Lexington, MA 02173

Phone: 800-540-5806

*Acton, Arlington, Bedford, Belmont,  
Boxborough, Burlington, Carlisle, Concord,  
Lexington, Lincoln, Littleton, Maynard,  
Stow, Waltham, Watertown, Wilmington,  
Winchester, Woburn*

**Riverside Crisis Team**

109 Lenox Street

Norwood, MA 02062

Phone: 800-529-5077

Business Line: 781-769-8672

*Canton, Dedham, Foxboro, Medfield, Millis,  
Needham, Newton, Norfolk, Norwood,  
Plainville, Sharon, Walpole, Wellesley,  
Weston, Westwood, Wrentham*

**South Shore Mental Health**

460 Quincy Avenue

Quincy, MA 02169

Phone: 617-727-1250 x460/617-770-4000 x460

*Braintree, Cohasset, Hingham, Hull,  
Milton, Norwell, Quincy, Randolph,  
Scituate, Weymouth*

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## **XII. Help Lines**

**A. Provider Referral Information**

**B. Parent Help Lines**

**C. Warm Lines**

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## **Description of Parent Helpline and Warm Line:**

### **Parent Help/Stress Line:**

Parental help/stress lines are toll-free and confidential phone line services which provide parents and caregivers information, support and assistance in coping with the many challenges of parenting.

### **Warm Line:**

Warm lines offer people with mental illness a safe way to make contact with their peers and develop meaningful relationships when experiencing feelings of loneliness, boredom, and stress.

---

## **Help Lines**

### **Provider Referral Information**

#### **HelpNet Referral Line**

1-800-652-0155

[www.helppro.com](http://www.helppro.com)

*Database of mental health providers (\$15 for on-line search, telephone referrals are free)*

#### **Social Work Therapy Referral Service**

1-800-242-9794

*Names of licensed social workers in private practice*

#### **United Way First Call for Help**

1-800-231-4377

*Psychiatric and crisis intervention referrals*

#### **State Board of Registration for Psychologists and Allied Mental Health Professionals**

617-727-3080

[www.state.ma.us/reg/board](http://www.state.ma.us/reg/board)

### **Parent Help Lines**

#### **Parental Stress Line**

1-800- 632-8188

*Anonymous 24-hour statewide hotline*

#### **Parents Helping Parents**

1-800-882-1250

*24-hour hotline, counseling services*

#### **United Way of Massachusetts Bay Parent Line**

617-421-1789

*Parenting information*

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## **Warm Lines**

### **Central MA**

#### **CrossConnections**

Phone: (978) 629-8485

Hours: M-F 4-7 pm and 10-12 pm

#### **Genesis Warmline**

Phone: (508) 327-7984

Hours: M-F 5-11 pm, Sat/Sun 4-11 pm

#### **Tradewind Warmline**

Phone: (508) 864-0270

Hours: Fri 4-10 pm, Sat/Sun 10am-10 pm

#### **Westwinds Warmline**

Phone: (508) 426-1660

Hours: Mon-Sun 6-9 pm

### **MetroBoston**

#### **Center Club Warmline**

Phone: (617) 675-3873

Hours: Mon-Sun 2-5 pm

#### **Casa Primavera Warmline**

Phone: (617) 445-8017

Hours: M-F 8-9 am, 5-11pm , Sat/Sun 9am-5pm

#### **Cambridge/Somerville Social Club Warmline**

Phone: (617) 661-7888

Hours: MWF 4-6 pm

### **Metro Suburban**

#### **C.A.S.T.L.E.**

Phone: (617) 610-7907

Hours: M-F 7-10 pm

#### **The Peer Line**

Phone: (508) 312-5139

Hours: M-F 5:30-10 pm

#### **Consumer Warmline**

Phone: (800) 243-5836

Hours: MWF 5-10 pm

#### **Friendship Line**

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Phone: (617) 770-9663

Hours: To be determined but will be evening hours

**Northeast**

**Project Rap**

Phone: (978) 922-0000

Hours: M-F 12-8 pm

**Western MA**

**We Care Warmline**

Phone: (413) 528-2556 or (413) 442-2007

Hours: M-Sun 6-10 pm

**Rapline**

Phone: (413) 743-7934

Hours: M-Sun 6-10 pm

**Pioneer Valley Warmline**

Phone: (413) 747-8658

Hours: Thurs-Sun 5pm-1am

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## **XIII. Substance Abuse Hotlines**

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## **Substance Abuse**

### **The Massachusetts Substance Abuse Information and Education Helpline**

24-hour Helpline- 1-800-327-5050

**[www.helpline-online.com](http://www.helpline-online.com)**

*Trained volunteer information, education and referral specialists are available to listen and help find the right services for a situation involving substance abuse, homelessness and detox.*

### **Massachusetts Organization For Addiction Recovery**

C/o Boston ASAP

30 Winter St., 3<sup>rd</sup> Floor

Boston, MA 02108

617-423-6627

**[www.neaar.org/moar](http://www.neaar.org/moar)**

*MOAR's mission is to organize recovering individuals, families and friends into a collective voice to educate the public about the value of recovery from alcohol and other addictions.*

### **Alcoholics Anonymous**

617-426-9444 Eastern MA

413-448-2382 Berkshires

508 752-9000 Worcester

413-532-2111 Holyoke

### **Al-anon, Alateen**

1-508-366-0556

**[www.ma-al-anon-alateen.org](http://www.ma-al-anon-alateen.org)**



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## **XIV. Rape Crisis Centers**

## Rape Crisis Centers

h=Hotline  
f= Fax  
o=Office  
t=TTY/TDD

### WEST

Carol Wallace, Director  
**Everywoman's Center, Wilder Hall**  
221 Stockbridge Road  
UMASS  
Amherst, MA 01003  
(h/t) (888) 337-0800/(413) 545-0800  
(f) (413) 577-0163  
(o) (413) 545-0883  
Email: ewc@stuaf.umass.edu

Pam Brown, Co-Director

### **NELCWIT**

10 Park Street  
Greenfield, MA 01301  
(h/t) (413) 772-0806  
(f) (413) 772-2743  
(o) (413) 772-0871  
Email: nelcwit.pam2@verizon.net

Marci Savage, Executive Director  
Deborah Parkinton, Program Director

### **Elizabeth Freeman Center**

146 First Street  
Pittsfield, MA 01201  
(h) (413) 443-0089  
(f) (413) 443-3016  
(o/t) (413) 499-2425  
Email: efcenter@berkshire.net  
[www.efcenter.org](http://www.efcenter.org)

Mary Reardon Johnson, Executive Director  
Mary McRae, Program Director

### **YWCA of Western MA**

120 Maple Street  
Springfield, MA 01103  
(h/t) (800) 796-8711 or (413) 733-7100  
(f) (413) 747-0542  
(o) (413) 732-3121  
Email: mmcrae@ywworks.org

### **YWCA of Western MA\***

P.O. Box 1835  
Westfield, MA 01086  
(h/t) (800) 479-6245 or (413) 562-1920  
(o) (413) 562-5739  
(f) (413) 572-2649

### CENTRAL

Anne Lacey, Interim Executive Director

### **RCC of Central MA**

146 W. Boylston Dr., Suite 202  
Worcester, MA 01606  
(h) (800) 870-5905 or (508) 799-5700  
(f) (508) 852-7870  
(o) (508) 852-7600  
(t) (800) 688-4889  
Email: [Anne@rapecrisiscenter.org](mailto:Anne@rapecrisiscenter.org)  
[www.rapecrisiscenter.org](http://www.rapecrisiscenter.org)

### **RCC of Central MA\***

275 Nichols Rd.  
Fitchburg, MA 01420  
(h) (800) 870-5905 or (508) 799-5700  
(o/t) (978) 343-5683

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## **METROWEST**

Eric Massi, Executive Director

Linda Standley, Program Director

### **Wayside Blackstone Valley RC Program**

10 Asylum Street

Milford, MA 01757

(h) (888) 592-9723

(f) (508) 478-9042

(o) (508) 478-6888

(t) (508) 478-6275

Email: Linda\_Standley@waysideyouth.org

### **Wayside Assabet Valley RC Program\***

31 Main Street

Marlborough, MA 01752

(h) (800) 511-5070

(f) (508) 460-6993

(o) (508) 460-1504

(t) (508) 478-6275

Email: Linda\_Standley@waysideyouth.org

James Cuddy, Executive Director

Mary Gianakis, Acting Director

## **Voices Against Violence/ SMOC**

300 Howard Street

Framingham, MA 01702

(h/t) (508) 626-8686 or (800) 593-1125

(f) (508) 872-4264

(o) (508) 820-0834

## **NORTHEAST**

Elizabeth Cohen, Executive Director

### **Rape Crisis Services of Lowell**

144 Merrimack Street, Suite 304

Lowell, MA 01852

(h) (800) 542-5212

(f) (978) 458-2822

(o) (978) 452-7721

(t) (800) 439-0183

Email: rapecsogl@msn.com

Mary O'Brien, Executive Director  
Ellen Ferland, Program Director  
**YWCA of Greater Lawrence**  
38 Lawrence Street  
Lawrence, MA 01840  
(h) (877) 509-9922  
(f) (978) 691-5286  
(o) (978) 687-0331 \*13  
(t) (978) 686-8840  
Email: eferland@ywcawlawrence.org

Paul O'Shea, Executive Director  
Nathalie Saltikoff, Director  
**North Shore RCC/HES**  
156 Cabot Street  
Beverly, MA 01915  
(h) (800) 922-8772  
(f) (978) 927-4507  
(o) (978) 927-4506  
Email: NSRCC@HES-Inc.org

### **SOUTHEAST**

Pamela MacLeod-Lima, Executive Director  
**New Bedford Women's Center**  
252 County Street  
New Bedford, MA 02740  
(h) (508) 999-6636  
(f) (508) 999-7139  
(o) (508) 996-3343  
(t) (508) 996-1177  
Email: gnbwc@gis.net  
[www.gnbwc.org](http://www.gnbwc.org)

Dianne DiPippo, Executive Director  
Janice Pothier Pac, Program Director  
Beth Gerhardt, Program Director  
**New Hope Sexual Assault Program**  
21 Park St., Suite 201  
Attleboro, MA 02703  
(h/t) (800) 323-4673  
(f) (508) 226-8114  
(o) (508) 226-4588  
Email: rcc1@new-hope.org

Sheldon Barr, Executive Director  
Janet Mullin-Saucedo, Director

**HCSEMA/Womansplace**  
P.O. Box 4206  
Brockton, MA 02303  
(h) (508) 588-8255  
(f) (508) 588-0034  
(o) (508) 580-3964  
(t) (508) 894-2869  
Email: wplacecc@ix.netcom.com

Nancy Paull, Executive Director  
Dale Brown, Program Director  
**SSTAR**  
386 Stanley Street  
Fall River, MA 02720  
(h) (877) 301-4357 or (508) 235-7069  
(f) (508) 673-3182  
(o) (508) 679-5222  
(t) (508) 673-3328  
Email: dbrown@sstar.org

Meg Hunter-Michelsen, Executive Director  
**A Safe Place Inc.**  
P.O. Box 3231  
Nantucket, MA 02584  
(h) (508) 228-2111  
(f) (508) 228-8825  
(o/t) (508) 228-0561  
Email: safe@nantucket.net  
Lysetta Hurge Putnam, Executive Director  
Priscilla Adams, Program Director

**Independence House**  
160 Bassett Lane  
Hyannis, MA 02601  
(h) (800) 439-6507  
(f) (508) 778-0143  
(o/t) (508) 771-6507  
Email: ihrape@indhouse.net  
[www.independencehouse.com](http://www.independencehouse.com)

Edward Robinson Lynch, Executive  
Director  
Ann Wallace, Director  
**MVCS-Women's Support Services**  
Box 369  
Vineyard Haven, MA 02568  
(h) (508) 696-7233  
(f) (508) 693-7192  
(o/t) (508) 693-7900  
Email: mvcswws@gis.net

[www.janedoe.org](http://www.janedoe.org)

**METRO BOSTON**

Executive Director  
**Boston Area Rape Crisis Center**  
99 Bishop Allen Drive  
Cambridge, MA 02139  
(h) (617) 492-7273  
(f) (617) 492-3291  
(o) (617) 492-8306  
(t) (617) 492-6434  
Email: arcate\_barcc@hotmail.com  
[www.barcc.org](http://www.barcc.org)

**STATEWIDE**

Rosa Arrastia, Program Director  
Llámanos Spanish Language Hotline  
**Rape Crisis Center of Central MA**  
146 W. Boylston Drive, Suite 202  
Worcester, MA 01606  
(h) (800) 223-5001  
(f) (508) 852-7870  
(o) (508) 852-7600  
(t) (508) 852-7600  
Email: rosa@rapecrisiscenter.org  
[www.llamanos.org](http://www.llamanos.org)

**STATE COALITION (no direct services)**

Kathy Greene, Acting Executive Director  
**Jane Doe: MA Coalition Against Sexual  
Assault and Domestic Violence**  
14 Beacon St. #507  
Boston, MA 02108  
(o) 617-248-0922  
(f) (617) 248-0902  
(t) (617) 263-2200

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## **XV. Grief Support Programs**

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## **Grief Support Programs**

### **Suicide Grief Support Groups in Massachusetts**

*Some of the groups listed are affiliated with Compassionate Friends, a group representing parents who have lost a child and is not exclusive to suicide. Also listed are the Samaritans grief support groups, **Safeplace**, for those grieving a loss due to suicide.*

### **Statewide**

#### **American Foundation for Suicide Prevention /New England**

56 Broad St.

Boston, MA 02102

Phone: 617-439-0940

Fax: 413-739-3883

Contact: Joanne Chamberlain, Director

jchamberlain1@prodigy.net

[www.asfp.org](http://www.asfp.org)

*New England affiliate of national organization dedicated to suicide education and training. Listing of support groups for families and friends bereaved by suicide. Speakers bureau for professionals, clergy. Mailing list for information on conferences, anti-stigma campaigns, newsletter and brochures.*

### **Metro Boston**

#### **The Samaritans of Boston**

654 Beacon Street

6th Floor

Boston, MA 02215

Kim Kates

Phone: 617- 247-0220 adults

617-247-8050 teens

Leadership: Peer

Charge: No

Meetings per month: 2

Location: **Beth Israel Hospital**

#### **Children's Charter**

77 Rumford Ave.

Waltham, MA 02453

Phone: 781-894-4307

Fax: 781-894-1195

*Family and child outpatient trauma center including **Project Gift**, a program for families who have experienced loss of a loved one.*

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**After Suicide**

41 Concord Square  
Boston, MA 02118  
Dorothy Koerner LICSW  
Phone: 617- 738-7668  
Leadership: Professional  
Charge: Yes  
Meetings per month: varies

**Focus Counseling & Consult. Inc.**

186-1/2 Hampshire Street  
Cambridge, MA 02139  
Mimi Elmer, LICSW  
Phone: 617- 876-4488 x 52  
Leadership: Professional  
Charge: Yes  
Meetings per month: 12 wk group

**After Suicide Program**

Suite 414  
850 Boylston St. (Rte. 9)  
Chestnut Hill, MA 02167  
Dorothy Koerner, LICSW/ 617- 738-7668  
Mimi Elmer, LICSW/ 617- 876-4488  
Leadership: Professional  
Charge: Yes  
Meetings per month: 12-wk group

**First Parish Church in Norwell**

24 River Street  
Contact: Karen Kimball  
Phone: 781-740-8309  
Leadership: Peer  
Charge: No  
Meetings per month: 2



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**The Good Grief Program  
Boston Medical Center**

818 Harrison Ave.

Boston, MA 02118

617-414-4005

Maria Trozzi, Director

[www.bmc.org/pediatrics](http://www.bmc.org/pediatrics)

*Child bereavement support program "The Circle" for children ages 5-13 who have lost a member of their family. Groups in Boston (Jamaica Plain) and South Shore (Hingham). Training for schools and organizations for suicide prevention and crisis planning. Crisis response to deal with suicide and tragedies in the school system or workplace nationwide. Also the Heart-to-Heart program for parents to help children cope with loss of a family member.*

**Central**

**Sturbridge Group  
Family Loss Project**

249 Ayer Rd. Suite 204

Harvard, MA 01451

Phone: 508-653-1609

Email: [info@sturbridgegroup.com](mailto:info@sturbridgegroup.com)

John Jordan Ph.D., David

[www.sturbridgegroup.com](http://www.sturbridgegroup.com)

*Bereavement training and consultation from professionals who work with ill, dying and bereaved individuals. Crisis response in school, grief support and counseling available. Website provides links to newsletter, support groups and professional organizations for the bereaved.*

**Western**

**HospiceCare in the Berkshires**

369 South St.

Pittsfield, MA 01202-6803

Mary Bedient-Wood

Phone: 413 443-2994

Leadership: Professional

Charge: unknown

Number of meetings per month: varies

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**Forastiere Family Funeral Home**

220 North Main St.  
East Longmeadow, MA 01028  
Mary Pat McMahon  
Phone: 413-734-9139  
Leadership: Professional and Peer  
Charge: No  
Number of meetings per month: 2

**Metrowest**

**Samaritans, Suburban West**

235 Walnut St.  
Framingham, MA 01702  
Sally Jones  
Phone: 508- 875-4500  
508 478-7877  
Leadership: Peer  
Charge: No  
Meetings per month: 2

**Samaritans, Suburban West**

276 Union Ave.  
Framingham, MA 01702  
Catherine Ohlinger  
Phone: 508- 875-4500  
Leadership: Professional and Peer  
Charge: No  
Meetings per month: 2

**Southeast**

**Samaritans of Fall River/New Bedford**

PO Box 9642  
Fall River, MA 02720-0011  
Del Ferus  
Phone: 508- 673-3777  
508-999-7267  
Leadership: Peer  
Charge: No  
Meetings per month: 2 -1st and 3rd Thursdays

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## **Cape Cod**

### **Compassionate Friends**

St. Peter's Episcopal Church

165 Main St.

Buzzard's Bay (use rear entrance off parking lot)

Amy Mosely: 781-294-8771

Eileen Amiro: 508-224-4202

Leadership: Peer

Charge: No

Meetings per month: 1- 3rd Wednesday of the month at 7:30pm

### **Compassionate Friends**

First Congregational Parish House

Harwich Center

Kay Proctor: 508-432-4287

Leadership: Peer

Charge: No

Meetings per month: 1- 2nd Wednesday of month at 7:30pm

### **Dr. Robert R. Fournier, Ph.D.**

#### **In Memory Still**

901 Main Street

Osterville, MA 02655

Robert Fournier, Ph.D.

Phone: 508- 477-1676

Leadership: Professional

Charge: No

Meetings per month: varies

## **Metro Boston**

### **The Samaritans of Boston**

654 Beacon Street

6th Floor

Boston, MA 02215

Kim Kates

Phone: 617- 247-0220 adults

617-247-8050 teens

Leadership: Peer

Charge: No

Meetings per month: 2

Location: **Beth Israel Hospital**

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**Children's Charter**

77 Rumford Ave.  
Waltham, MA 02453  
Phone: 781-894-4307  
Fax: 781-894-1195

*Family and child outpatient trauma center including **Project Gift**, a program for families who have experienced loss of a loved one.*

**After Suicide**

41 Concord Square  
Boston, MA 02118  
Dorothy Koerner LICSW  
Phone: 617- 738-7668  
Leadership: Professional  
Charge: Yes  
Meetings per month: varies

**Focus Counseling & Consult. Inc.**

186-1/2 Hampshire Street  
Cambridge, MA 02139  
Mimi Elmer, LICSW  
Phone: 617- 876-4488 x 52  
Leadership: Professional  
Charge: Yes  
Meetings per month: 12 wk group

**After Suicide Program**

Suite 414  
850 Boylston St. (Rte. 9)  
Chestnut Hill, MA 02167  
Dorothy Koerner, LICSW/ 617- 738-7668  
Mimi Elmer, LICSW/ 617- 876-4488  
Leadership: Professional  
Charge: Yes  
Meetings per month: 12 wk group

**First Parish Church in Norwell**

24 River Street  
Contact: Karen Kimball  
Phone: 781-740-8309  
Leadership: Peer  
Charge: No  
Meetings per month: 2

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**The Good Grief Program****Boston Medical Center**

818 Harrison Ave.

Boston, MA 02118

617-414-4005

Maria Trozzi, Director

[www.bmc.org/pediatrics](http://www.bmc.org/pediatrics)

*Child bereavement support program "The Circle" for children ages 5-13 who have lost a member of their family. Groups in Boston (Jamaica Plain) and South Shore (Hingham).*

*Training for schools and organizations for suicide prevention and crisis planning .*

*Crisis response to deal with suicide and tragedies in the school system or workplace nationwide. Also the Heart-to-Heart program for parents to help children cope with loss of a family member.*

## **International**

**Befrienders International**

[www.Befrienders.org](http://www.Befrienders.org)

26/27 Market Place

Kingston upon Thames

Surrey KT1 1JH

United Kingdom

*Befrienders International is a network of 357 befriending centers in 41 countries worldwide. Centers are run by volunteers who provide emotional support to people who call or email. Information and services are available in all languages and can be accessed on the website.*

## **National**

**Compassionate Friends**

[Www.compassionatefriends.org](http://Www.compassionatefriends.org)

PO Box 3696

Oak Brook, Illinois 60522-3696

Phone: 630-990-0010

Fax: 630-990-0246

**Toll free number 1-877-969-0010**

*A national non-profit, self-help support organization offering friendship and understanding to bereaved parents following death of a child of any age. See listing in Massachusetts grief support groups for local chapters.*

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## **XVI. Mental Health Providers/Agencies**

## **Mental Health Providers/Agencies**

### **Department of Mental Health**

25 Staniford St.  
Boston, MA 02115  
Phone: 617-626-8000  
TTY: 617-727-9842  
[www.state.ma.us/dmh](http://www.state.ma.us/dmh)

*The Department of Mental Health's mission is to improve the quality of life for adults with serious and persistent mental illness and children with serious mental illness or severe emotional.*

### **Western Massachusetts Area**

*Mental health counseling and treatment, case management for adults. Non –English speaking services include Spanish, Portuguese and French-Creole.*

P.O.Box 389  
Northampton, MA 01061-0389  
Phone (413) 587-6200 Fax (413) 587-6204 or (413) 587-6205

#### **Berkshire (Central/South)**

**333 East St.**

**Pittsfield, MA 01201**

*Alford, Becket, Dalton, Egremont  
Great Barrington, Hancock, Hinsdale,  
Lanesboro Lee, Lenox, Monterey, Mount Washington,  
New Ashford, New Marlboro, Otis, Peru,  
Pittsfield, Richmond, Sandisfield, Sheffield  
Stockbridge, Tyringham, Washington,  
West Stockbridge, Windsor*

#### **Telephone #**

(413) 395-2000

Fax: (413) 395-2018

TTY: (413) 443-8294

#### **Person in Charge**

Nick Simms

#### **Emergency/Crisis 24-hr.**

333 East Street  
Pittsfield, MA 01201

#### **Telephone #**

(413) 499-0412

Fax: (413) 448-2198

**Hotline# 800-252-0227**

#### **Person in Charge**

Marybeth Malacarne

#### **Berkshire (North)**

**333 East Street**

**Pittsfield, MA 01201**

*Adams, Cheshire, Clarksburg, Florida, Monroe,  
North Adams, Savoy, Williamstown*

#### **Telephone #**

(413) 395-2000

#### **Person in Charge**

Nick Simms

**Emergency/Crisis 24-hr.**  
25 Main Street  
North Adams, MA 01247

**Telephone #**  
(413) 664-4541  
Fax: (413) 662-3311

**Person in Charge**  
Marybeth Malacarne

**Franklin/No. Quabbin**  
P.O. Box 1191  
13 Prospect St.  
Greenfield, MA 01302

**Telephone #**  
(413) 772-5600  
Fax: (413) 772-5638  
TTY: (413) 772-3076

**Person in Charge**  
Susan Sprung

*Ashfield, Athol, Bernardston, Buckland, Charlemont,  
Colrain, Conway, Deerfield*

**Athol Site Office:**

*Erving, Gill, Greenfield, Hawley, Heath,  
Leverett, Leyden, Millers Falls Montague,  
New Salem, Northfield, Orange, Petersham  
Phillipston, Rowe, Royalston, Shelburne,  
Shutesbury, Sunderland, Turners Falls,  
Warwick, Wendell, Whately*

**Telephone #**  
(978) 544-8965 or  
(978) 544-8745  
Fax: (978) 544-8786

**Emergency/Crisis 24-hr.**  
164 High Street  
Greenfield, MA 01301

**Telephone #**  
(413) 774-5411  
**1-800-562-0112**  
(weekends & nights)  
Fax: (413) 773-8429

**Person in Charge**  
Joanne Sanderson

**Hampshire**  
**One Roundhouse Plaza**  
**Northampton, MA 01060**

*Amherst, Chesterfield, Cummington  
Easthampton, Goshen, Hadley, Hatfield,  
Middlefield, Northampton, Pelham, Plainfield,  
Westhampton, Williamsburg, Worthington*

**Telephone #**  
(413) 587-5300  
Fax: (413) 586-6550  
TTY: (413) 586-4340

**Person in Charge**  
Mark Leibowitz

**Emergency/Crisis 24-hr.**  
129 Kings Street  
Northampton, MA 01060

**Telephone #**  
(413) 586-5555  
Fax: (413) 582-4252

**Person in Charge**  
Jean Bishop

**Holyoke/Chicopee**  
4 Valley Mill Road  
Holyoke, MA 01040

*Belchertown, Bondville, Chicopee, Granby  
Holyoke, Ludlow, Monson, Palmer, South Hadley,  
Southampton, Thorndike, Three Rivers, Ware*

**Telephone #**  
(413) 493-8000  
Fax (413) 493-8003  
TTY (413) 534-8996

**Person in Charge**  
Marti Sabin



**Emergency/Crisis 24-hr.**  
40 Bobala Road  
Holyoke, MA 01040

**Telephone #**  
(413) 536-2251  
Fax: (413) 532-8271

**Person in Charge**  
Suellyn Stark

**Springfield**  
**503 State Street**  
**Springfield, MA 01109**  
*East Longmeadow, Hampden*  
*Longmeadow Springfield, Wilbraham*

**Telephone #**  
(413) 452-2300  
Fax: (413) 452-2306  
TTY: (413) 747-7240

**Person in Charge**  
Jose Tosado

**Emergency/Crisis 24-hr.**  
503 State Street  
Springfield, MA 01109

**Telephone #**  
(413) 733-6661  
Fax: (413) 733-7841

**Person in Charge**  
Meg Mastriani

**Westfield**  
**53 Southampton Road**  
**Westfield, MA 01085**  
*Agawam, Blandford, Chester, Granville*  
*Huntington, Montgomery, Russell*  
*Southwick, Tolland, Westfield,*  
*West Springfield*

**Telephone #**  
(413) 564-2200  
Fax: (413) 568-8003  
TTY: (413) 568-7840

**Person in Charge**  
Susan Sprung

**Emergency/Crisis 24-hr.**  
77 Mill Street at Crane Pond  
Westfield, MA 01085

**Telephone #**  
(413) 568-6386  
Fax: (413) 572-4104

**Person in Charge**  
Tom Sawyer

## Central Massachusetts Area

Worcester State Hospital  
305 Belmont Street  
Worcester, MA 01604  
Phone (508) 368-3838 Fax (508) 363-1500

DMH Operated Facilities in Area	Telephone #	Person in Charge
<b>Worcester State Hospital</b> 305 Belmont Street Worcester, MA 01604	(508) 368-3300 Fax # (508) 363-1515	Anthony Riccitelli Chief Operating Officer

<u>Local Service Sites</u>	Telephone #	Person in Charge
<b>Fitchburg</b> <b>515 Main Street</b> <b>Fitchburg, MA 01420</b> <i>Ashby, Ayer, Berlin, Bolton, Clinton, Fitchburg,</i> <i>Groton, Harvard, Lancaster, Leominster,</i> <i>Lunenburg, Pepperell, Shirley, Sterling, Townsen</i>	(978) 353-4400 Fax # (978) 348-1275	Brian Minchoff

<b>Emergency/Crisis 24 hr.</b> Herbert Lipton MHC 45 Summer Street Leominster, MA 01453	<b>Telephone #</b> 1-800-977-5555 (978) 534-3372 Fax # (978) 537-4966	<b>Person in Charge</b> Paul Walker
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<b>Gardner</b> <b>515 Main Street</b> <b>Fitchburg, MA 01420</b> <i>Ashburnham, Barre, Gardner, Hardwick,</i> <i>Hubbardston, New Braintree, Oakham, Princeton,</i> <i>Rutland, Templeton, Westminster, Winchendon</i>	<b>Telephone #</b> (978) 353-4400 Fax # (978) 348-1275	<b>Person in Charge</b> Brian Minchoff
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<b>Emergency/Crisis 24 hr.</b> North Central Human Services 31 Lake Street Gardner, MA 01440	<b>Telephone #</b> (978) 632-9400 (978) 630-3085	<b>Person in Charge</b> Dave Oikemus
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<b>Milford</b> <b>40 Institute Road, Oaks "B" Bldg.</b> <b>No. Grafton, MA 01536</b> <i>Bellingham, Blackstone, Douglas, Franklin</i> <i>Grafton, Hopedale, Medway, Mendon,</i> <i>Milford, Millbury, Millville, Northbridge,</i> <i>Sutton, Upton, Uxbridge,</i>	<b>Telephone #</b> (508) 887-1100 Fax # (508) 887-8604	<b>Person in Charge</b> Susan Sciaraffa-Carey
<b>Emergency/Crisis 24 hr.</b> Blackstone Valley, Emergency Services Riverside Community Care P.O. Box 1099 Upton, MA 01568	<b>Telephone #</b> (508) 634-3420 Fax # (508) 634-2603	<b>Person in Charge</b> Mike Rubin
<b>Southbridge</b> <b>40 Institute Road, Oaks "B" Bldg.</b> <b>No. Grafton, MA 01536</b> <i>Brimfield, Brookfield, Charlton, Dudley,</i> <i>East Brookfield, Holland, North Brookfield,</i> <i>Oxford, Southbridge, Spencer, Sturbridge,</i> <i>Wales, Warren, Webster, West Brookfield,</i> <i>Whitinsville</i>	<b>Telephone #</b> (508) 887-1100 Fax # (508) 887-8604	<b>Person in Charge</b> Susan Sciaraffa-Carey
<b>Emergency/Crisis 24 hr.</b> Harrington Memorial Hospital 100 South Street Southbridge, MA 01550	<b>Telephone #</b> (508) 765-9771 ext. 2580 Fax # (508) 765-3147	<b>Person in Charge</b> Susan Moore Butler
<b>Worcester</b> <b>332 Main Street, Suite 320</b> <b>Worcester, MA 01608</b> <i>Auburn, Boylston, Holden, Leicester, Paxton,</i> <i>Shrewsbury, West Boylston, Worcester</i>	<b>Telephone #</b> (508) 363-2100 Fax # (508) 792-7514	<b>Person in Charge</b> Gerry Kokernak
<b>Emergency/Crisis 24 hr.</b> U/Mass. Medical Center Emergency Mental Health Services 55 Lake Avenue North Worcester, MA 01605	<b>Telephone #</b> (508) 856-3562 Fax # (508) 856-1695	<b>Person in Charge</b> Linda Perry

## North East Area

P.O. Box 387  
Tewksbury, MA 01876-0387  
Phone (978) 863-5000  
Fax (978) 863-5091

<b>DMH Operated Facilities in Area</b>	<b>Telephone #</b>	<b>Person in Charge</b>
<b>Hawthorne Units</b> <b>Tewksbury State Hospital</b> 365 East Street Tewksbury, MA 01876	(978) 851-7321 ext. 2859 Fax: (978) 851-8675	Marilyn Feitelberg

<b>Solomon Mental Health Center</b>	<b>Telephone #</b>	<b>Person in Charge</b>
391 Varnum Avenue Lowell, MA 01854	(978) 322-5000 Fax: (978) 322-5078	Kathy Bown Center Director

### Local Service Sites

<b>Beverly</b> <b>180 Cabot Street</b> <b>Second Floor</b> <b>Beverly, MA 01915</b>	<b>Telephone #</b>	<b>Person in charge</b>
<i>Beverly, Danvers, Essex, Gloucester, Hamilton, Ipswich, Manchester, Marblehead, Middleton, Peabody, Rockport, Salem, Topsfield, Wenham</i>	(978) 232-7300 Fax (978) 927-4469	Fred Hammdorff

<b>Emergency/Crisis 24-hr.</b>	<b>Telephone #</b>	<b>Person in Charge</b>
131 Rantoul Street Beverly, MA 01915	(888) 550-4433 Fax: (978) 927-4057	David Rafferty

<b>Greater Lawrence</b> <b>One Parker Street, Suite 2A</b> <b>Lawrence, MA 01843</b>	<b>Telephone #</b>	<b>Person in Charge</b>
<i>Andover, Lawrence, Methuen, No. Andover</i>	(978) 738-4500 Fax (978) 738-4547	Dorothy Smith

<b>Emergency/Crisis 24-hr.</b>	<b>Telephone #</b>	<b>Person in Charge</b>
Gr. Lawrence MH Center 30 General Street Lawrence, MA 01841	(978) 683-3128 Fax: (978) 686-7856	Jeff Fox

<b>Greater Lowell</b> <b>Solomon Mental Health Center</b> <b>391 Varnum Avenue</b> <b>Lowell, MA 01851</b> <i>Billerica, Chelmsford, Dracut, Dunstable,</i> <i>Lowell, Tewksbury, Tyngsboro, Westford</i>	<b>Telephone #</b> (978) 322-5000 Fax (978) 322-5078	<b>Person in Charge</b> Kathy Brown
<b>Emergency/Crisis 24-hr.</b> Choate 391 Varnum Avenue Lowell, MA 01851	<b>Telephone #</b> (978) 454-5844 or 1-800-830-5177 Fax: (978) 454-5822	<b>Person in Charge</b> Susan Krueger
<b>Haverhill/Newburyport</b> <b>52-54 Washington Street</b> <b>Second Floor</b> <b>Haverhill, MA 01832</b> <i>Amesbury, Boxford, Byfield, Georgetown, Groveland,</i> <i>Haverhill, Merrimac, Newbury, Newburyport,</i> <i>Rowley, Salisbury, West Newbury</i>	<b>Telephone #</b> (978) 556-1900 Fax (978) 372-7790	<b>Person in Charge</b> John Gilmore
<b>Emergency/Crisis 24-hr.</b> North Essex Mental Health 60 Merrimack Street Haverhill, MA 01830	<b>Telephone #</b> (978) 521-7777 or 800-281-3223 Fax: (978) 521-7767	<b>Person in Charge</b> Jack Petras
<b>Lynn</b> <b>319 Lynnway</b> <b>Lynn, MA 01901</b> <i>Lynn, Lynnfield, Nahant, Saugus, Swampscott</i>	<b>Telephone #</b> (781) 477-8200 Fax (781) 593-7326	<b>Person in Charge</b> Noreen Melanson, Interim Site Director
<b>Emergency/Crisis 24-hr.</b> Tri-City MH 95 Pleasant Street Lynn, MA 01901	<b>Telephone #</b> (781) 596-9222 or 800-988-1111	<b>Person in Charge</b> Derek Moore
<b>Wakefield</b> <b>27 Water Street</b> <b>Wakefield, MA 01880</b> <i>Everett, Malden, Medford, Melrose,</i> <i>North Reading, Reading, Stoneham, Wakefield</i>	<b>Telephone #</b> (781) 224-7900 or Fax (781) 224-7937	<b>Person in Charge</b> Linda Simons

**Emergency/Crisis 24-hr.**

Tri-City MH  
173 Chelsea Street  
Everett, MA 02149

**Telephone #**

800-988-1111  
Fax: (781) 581-9876

**Person in Charge**

Derek Moore

**Emergency/Crisis 24-hr.**

Tri-City MH  
26 Princess Street  
Wakefield, MA 01880

**Telephone #**

800-988-1111  
(781) 596-9222

**Person in Charge**

Derek Moore

**Metro Suburban Area**

Medfield State Hospital  
45 Hospital Road  
Medfield, MA 02052-1099  
Phone (508) 242-8000  
Fax (508) 242-8455  
TTY (508) 242-8008

**DMH Operated Facilities in Area****Westborough State Hospital**

P.O. Box 288 - Lyman Street  
Westborough, MA 01581

**Telephone #**

(508) 616-2100  
Fax (508) 616-2856

**Person in Charge**

Steven Scheibel

**Medfield State Hospital**

45 Hospital Road  
Medfield, MA 02052

**Telephone #**

(508) 242-8000  
Fax (508) 242-8456

**Person in Charge**

Joel Skolnick.  
Chief Operating Officer

**Quincy Mental Health Center**

460 Quincy Avenue  
Quincy, MA 02169

**Telephone #**

(617) 626-9000  
Fax (617) 770-2953  
TTY (617) 770-9802

**Person in Charge**

Christina Browne  
Center Director

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## **Local Service Sites**

<b>East Suburban Site</b>	<b>Telephone #</b>	<b>Person in Charge</b>
<b>20 Academy Street Suite 304</b>	(781) 641-8100 or	Lynne Musto
<b>Arlington, MA 02474-6401</b>	Fax (781) 641-8106	Site Director
<i>Acton, Arlington, Bedford, Belmont,</i>	TTY (781) 641-8101	
<i>Boxborough, Burlington, Carlisle, Concord,</i>		
<i>Lexington, Lincoln, Littleton, Maynard,</i>		
<i>Stow, Waltham, Watertown, Wilmington, Winchester, Woburn</i>		

<b>Emergency/Crisis 24-hr.</b>	<b>Telephone #</b>	<b>Person in Charge</b>
Center for MHRS Crisis Team	1-800-540-5806	Shelly Baer
1040 Waltham Street	(781) 860-0570	
Lexington, MA 02420	(TDT/Deaf) (781) 984-4850	
	Fax (781) 860-7636	

<b>West Suburban Site</b>	<b>Telephone #</b>	<b>Person in Charge</b>
<b>Westboro State Hospital</b>	(508) 616-2804	Oswald Rambarran
<b>Hadley Building</b>	Fax (508) 616-2864	Site Director
<b>P.O. Box 288 - Lyman Street</b>	TTY (508) 836-3108	
<b>Westborough, MA 01581</b>		
<i>Ashland, Dover, Framingham,</i>		
<i>Holliston, Hopkinton, Hudson, Marlborough,</i>		
<i>Natick, Northborough, Sherborn,</i>		
<i>Southborough, Sudbury, Wayland, Westborough</i>		

<b>Emergency/Crisis 24-hr.</b>	<b>Telephone #</b>	<b>Person in Charge</b>
Psychiatric Emergency Services	(508) 872-3333 or	Sara Trognone
27 Hollis Street	1-800-640-5432	
Framingham, MA 01701	Fax (508) 875-2600	

<b>Southwest Suburban Site</b>	<b>Telephone #</b>	<b>Person in Charge</b>
<b>Medfield State Hospital</b>	(508) 242-8416	Peter Angelos
<b>45 Hospital Road</b>	Fax (508) 242-8457	Site Director
<b>Medfield, MA 02052</b>	TTY (508) 242-8415	
<i>Canton, Dedham, Foxboro, Medfield,</i>		
<i>Millis, Needham, Newton, Norfolk, Norwood,</i>		
<i>Plainville, Sharon, Walpole, Wellesley,</i>		
<i>Weston, Westwood, Wrentham</i>		

<b>Emergency/Crisis 24-hr.</b>	<b>Telephone #</b>	<b>Person in Charge</b>
Riverside Crisis Team	(781) 769-8674	Helayne Goldstein
190 Lenox Street	1-800-529-5077	Ramirez
Norwood, MA 02062	Fax: (781) 769-6717	

**South Suburban Site**

<b>Quincy Mental Health Center</b> <b>460 Quincy Avenue</b> <b>Quincy, MA 02169</b> <i>Braintree, Cohasset, Hingham, Hull, Milton, Norwell, Quincy, Randolph, Scituate, Weymouth</i>	<b>Telephone #</b> (617) 626-9025 Fax (617) 626-9150 , TTY (617) 472-3024	<b>Person in Charge</b> Sandra Nowoslawski Interim Site Director
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<b>Emergency/Crisis 24-hr.</b> South Shore Mental Health 460 Quincy Avenue Quincy, MA 02169	<b>Telephone #</b> (617) 774-6036 1-800-528-4890 Fax: (617) 479-0356	<b>Person in Charge</b> Robert Gibson
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## **Southeastern Massachusetts Area**

Brockton Multi-Service Center  
165 Quincy Street  
Brockton, MA 02302  
Phone (508) 897-2000  
Fax (508) 897-2024

<b>DMH Operated Facilities in Area</b>	<b>Telephone #</b>	<b>Person in Charge</b>
<b>Taunton State Hospital</b> P.O. Box 4007 Taunton, MA 02780	(508) 977-3000 Fax (508) 977-3751	Linda Sutter, Interim Chief Operating Officer

<b>Pocasset Mental Health Center</b> 830 County Road Pocasset, MA 02559	<b>Telephone #</b> (508) 564-9600 Fax (508) 564-9700	<b>Person in Charge</b> Richard Dunnells Center Director
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<b>Brockton Multi-Service Center</b> 165 Quincy Street Brockton, MA. 02302	<b>Telephone #</b> (508) 897-2000 Fax (508) 897-2075	<b>Person in Charge</b> Richard Jobin, Interim Center Director
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<b>Corrigan Mental Health Center</b> 49 Hillside Street Fall River, MA 02720	<b>Telephone #</b> (508) 235-7200 Fax (508) 678-2290	<b>Person in Charge</b> Kathy Duke, Interim Center Director
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## **Local Service Sites**

<b>Brockton Multi-Service Center</b> <b>165 Quincy Street</b> <b>Brockton, MA 02302</b> <i>Abington, Avon, Bridgewater, Brockton,</i> <i>East Bridgewater, Easton, Holbrook, Rockland,</i> <i>Stoughton, West Bridgewater, Whitman</i>	<b>Telephone #</b> (508) 897-2000 Fax (508) 897-2075	<b>Person in Charge</b> Richard Jobin Interim Site Director
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<b>Emergency/Crisis 24-hr.</b> Brockton Multi-Service Center 165 Quincy Street Brockton, MA 02302	<b>Telephone #</b> (508) 897-2100 Fax (508) 586-5117	<b>Person in Charge</b> Brenda Lima
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<b>Cape Cod &amp; The Islands</b> <b>259 North Street</b> <b>Hyannis, MA 02601</b> <i>Barnstable, Bourne, Brewster, Chatham, Chilmark,</i> <i>Cotuit, Dennis, Eastham, Edgartown, Falmouth,</i> <i>Gay Head, Harwich, Hyannis, Mashpee, Nantucket,</i> <i>Oak Bluffs, Orleans, Osterville, Provincetown, Sandwich,</i> <i>Tisbury, Truro, Vineyard Haven, Wellfleet, West Tisbury,</i> <i>Woods Hole, Yarmouth</i>	<b>Telephone #</b> (508) 957-0900 Fax (508) 790-1024	<b>Person in Charge</b> Richard Dunnells
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<b>Emergency/Crisis 24-hr.</b> Cape Cod 270 Communication Way, Unit 1C Hyannis, MA 02601	<b>Telephone #</b> (508) 778-4627 Fax (508) 790-0899	<b>Person in Charge</b> Sandy Stewart
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<b>Fall River</b> <b>Corrigan Mental Health Center</b> <b>49 Hillside Street</b> <b>Fall River, MA 02720</b> <i>Fall River, Freetown, Somerset, Swansea, Westport</i>	<b>Telephone #</b> (508) 235-7200 Fax (508) 235-7346	<b>Person in Charge</b> Kathy Duke, Interim Center Director
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<b>Emergency/Crisis 24-hr.</b> Corrigan Mental Health Center 49 Hillside Street Fall River, MA 02720	<b>Telephone #</b> (508) 235-7277 Fax (508) 235-7345	<b>Person in Charge</b> Gregory Cowan
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<b>New Bedford</b> <b>800 Purchase Street</b> <b>New Bedford, MA 02740</b> <i>Acushnet, Dartmouth, Fairhaven, Gosnold, Marion, Mattapoisett, New Bedford, Onset, Rochester, Wareham</i>	<b>Telephone #</b> (508) 996-7900 Fax (508) 999-1331	<b>Person in Charge</b> Steven Figueiredo Site Director
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<b>Emergency/Crisis 24-hr.</b> 444 Myrtle Street New Bedford, MA 02746 New Bedford Child & Family Services	<b>Telephone #</b> (508) 996-3154 Fax (508) 991-8082	<b>Person in Charge</b> Richard DeTucci
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<b>Plymouth</b> <b>40 Industrial Park Rd.</b> <b>Plymouth, MA 02360</b> <i>Carver, Duxbury, Halifax, Hanover, Hanson, Kingston, Marshfield, Pembroke, Plymouth, Plympton</i>	<b>Telephone #</b> (508) 732-3000 Fax (508) 746-3224	<b>Person in Charge</b> Linda Lundin
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<b>Emergency/Crisis 24-hr.</b> 118 Long Pond Road, Suite 206 Plymouth, MA 02360 Family Continuity Program	<b>Telephone #</b> 800-469-9888 Fax: (508) 747-7838	<b>Person in Charge</b> Audrey Dana
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<b>Taunton/Attleboro</b> <b>P.O. Box 4007</b> <b>Taunton, MA 02780</b> <i>Attleboro, Berkley, Dighton, Lakeville, Mansfield, Middleboro, North Attleboro, Norton, Raynham, Rehoboth, Seekonk, Taunton</i>	<b>Telephone #</b> (508) 977-3150 Fax (508) 977-3752	<b>Person in Charge</b> Gerard J. Daniels Site Director
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<b>Emergency/Crisis 24-hr.</b> 108 West Main St., Bldg. #2 Norton, MA 02766	<b>Telephone #</b> (508) 285-9400 1-800-660-4300 Fax (508) 285-6573	<b>Person in Charge</b> Steve Jochim
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## **Metro Boston Area**

85 East Newton Street  
Boston, MA 02118  
Phone (617) 626-9200  
Fax (617) 626-9216

### **DMH Operated Facilities in Area**

#### **Local Service Sites**

##### **Bay Cove Center**

##### **Lemuel Shattuck Hospital**

170 Morton Street  
Jamaica Plain, MA 02130

##### **Telephone #**

(617) 971-3488

Fax (617) 522-7888

##### **Person in Charge**

Theresa M. Harrison  
Center Director

##### **Metro Boston Mental Health Units**

##### **Lemuel Shattuck Hospital**

170 Morton Street  
Jamaica Plain, MA 02130

##### **Telephone #**

(617) 971-3488

Fax (617) 522-7888

##### **Person in Charge**

Barbara Glick, RN  
Director

##### **Dr. Solomon Carter Fuller Mental Health Center Telephone #**

Boston Campus  
85 East Newton Street  
Boston, MA 02118

(617) 626-8700 or

Fax (617) 626-8929

##### **Person in Charge**

Mary-Louise White,  
Center Director

##### **Erich Lindemann Mental Health Center**

25 Staniford Street  
Boston, MA 02114

##### **Telephone #**

(617) 626-8500

Fax (617) 626-8515

##### **Person in Charge**

Nicolangelo Scibelli  
Center Director

##### **Massachusetts Mental Health Center**

74 Fenwood Road  
Boston, MA 02115

##### **Telephone #**

(617) 626-9300

Fax (617) 626-9591

##### **Person in Charge**

Sondra Hellman,  
Center Director

##### **Cambridge/Somerville Center**

2400 Massachusetts Avenue  
Cambridge, MA 02140

##### **Telephone #**

(617) 626-4800

Fax (617) 497-6128

##### **Person in Charge**

Louise Dussault  
Center Director

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## **Additional Mental Health Services**

### **Baystate Medical Center**

#### **Baystate Behavioral Health Associates**

3300 Main St. Suite 3D

Springfield, MA 01199

Phone: 413-794-7035

Fax: 413-794-7130

*Hospital –based outpatient care for mental health treatment and counseling. Interpreter services and patient education available.*

### **Behavioral Health Network**

503 State St.

Springfield, MA 01109

Phone: 413-746-3758

Fax: 413-733-7841

Meg Mastriana, Crisis Program Director

#### **Crisis Line- - 413-733-6661**

*Crisis Hotline and Crisis Response Center. Also provides mental health screening and professional training for all ages in any language.*

### **Mt Tom Mental Health Center**

40 Bobala Rd.

Holyoke, MA 01040

Phone: 413-536-5473

Fax: 413-536-8271

**Hotline:** 413-536-2251

*Crisis response and hotline. Mental health counseling and treatment services.*

### **Mental Health & Substance Abuse Services**

333 East St

Pittsfield, MA 01201

Phone: 413-499-0412

Fax: 413-499-0995

*Crisis response team, mental health screening, counseling and treatment services, support for families' bereaved by suicide. Adolescent training program, "Lifeguards."*

### **Big Brothers Big Sisters**

116 Federal St.

Greenfield, MA 01301

Phone: 413-772- 0915

Fax: 413- 773-0395

*Suicide prevention education and mental health screening for teens and young adults.*

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## **Community Healthlink Sites**

### **Central**

**UMass Memorial Hospital  
Community Healthlink  
Main Office/Herbert Lipton Division**

45 Summer St.

Leominster, MA 01453

Phone: 978-534-6116

Fax: 978-534-3294

Marcia Aucoin, Program Director

*Main office for Community Health Link. Provides mental health counseling, treatment and screening. Anti-stigma and advocacy for all ages.*

### **Affiliated Sites:**

- **Leominster Counseling Center**  
100 Erdman Way  
Leominster, MA 01353  
Phone: 978-537-0956
  
- **Fitchburg Counseling Center**  
255 Main St.  
Fitchburg, MA 01420  
Phone: 978-343-6957
  
- **Clinton Counseling Center**  
270 High St.  
Clinton, MA 01510  
Phone: 978-368-0181
  
- **Gardener Counseling Center**  
10 Parker St.  
Gardener, MA 01440  
Phone: 978-630-4740
  
- **Worcester Counseling Center**  
72 Jacques Ave.  
Worcester, MA 01609  
Phone: 508-860-1260 General  
508-860-1154 Geriatric

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**Great Brook Valley Health Center**

19 Tacoma St.

Worcester, MA 01609

Phone: 508-852-1805

Dennis Sternlight, Mental Health Dept. Director

Dennis\_sternlight@greatbrook.org

*Mental health counseling and treatment. Mental health screening for all ages including Non-English speaking population (Portuguese and Spanish).*

**Children's Aid and Family Services, Inc.**

**Big Friends/Little Friends**

Fitchburg, MA 01420

Phone: 978-345-4147

*Mental health counseling and treatment for all ages.*

**Southeast**

**Taunton Reaching Youth**

One Taunton Green

Taunton, MA

Phone: 508-823-6346 x211

*School-based services, anti-stigma and education for teens and young adults*

**Cape Cod**

**Monomoy Community Services**

Depot Rd

Chatham, MA

Phone: 508-945-1501

Teresa Malone, Director

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## **Metro Boston**

### **Latin American Health Institute**

Berkley St 6<sup>th</sup> floor

Boston, MA 02116

Phone: 617-350-6900 x150

Fax: 617-350-6901

Michael Woodruff, Director of Youth Programs

*Spanish speaking mental health counseling, treatment and case management. Suicide prevention education and training for youth including gay, lesbian and Non-English speaking youth. Training for professionals.*

### **The Trauma Center/Arbour Health Systems**

14 Fordham Rd.

Brighton, MA 02134

Phone: 617-782-6460

**[www.traumacenter.org](http://www.traumacenter.org)**

*Largest private mental health and substance abuse treatment system in MA. Their mission is to help trauma survivors in the process of reconstructing their lives. There are 15 counseling centers and a main office in Brighton. Services include clinical services, training, consultation and education. Grief support group currently not running.*

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## **XVII. Advocacy/Support**



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## **Advocacy/Support**

### **National**

#### **NAMI (National Alliance for Mentally Ill)**

[www.nami.org](http://www.nami.org)

Colonial Place Three

2107 Wilson Blvd Suite 300

Arlington, VA 22201

Phone: 703-524-7600

Help Line: 1-800-950-6264 (NAMI) for general information 9-5, M-F

*Leading grassroots advocacy organization dedicated to improving the lives of persons with severe brain disorders including schizophrenia, bipolar disorders, major depression, obsessive-compulsive disorder and severe anxiety disorders and their families. Advocacy for non-discriminatory policy.*

### **Statewide**

#### **NAMI Massachusetts**

400 W. Cummings Park

Suite 6650

Woburn, MA 01801

Phone: 781-938-4048/

800-370-9085

Fax: 781-938-4069

Email- [namimass@aol.com](mailto:namimass@aol.com)

President: Jean DeRosa

[www.namimass.org](http://www.namimass.org)

### **Greater Boston**

#### **Cambridge**

Webster House Consumer Group

Moe Armstrong

617-864-7203

NAMI/Cambridge

June Mendelson

617-864-0407

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**Newton/Wellesley**

NAMI/Eastern Massachusetts

Eileen O'Toole

781-444-0750

**Quincy**

NAMI/South Shore

Barbara C. Sullivan

617-773-7440

**Roslindale**

NAMI/Roslindale-Hyde Park

Kathy Penning

617-327-7570

**Roxbury**

NAMI/Dorchester-Roxbury-Mattapan

Trude Lawrence

617-825-7510

**Southeast****Acushnet**

NAMI/Greater New Bedford

Louise Laprade

508-995-4587

**Attleboro**

NAMI/Attleboro

Harold Washburn

508-222-5562

**Brockton**

NAMI/Brockton

Ken Johnson

508-586-0392

**Centerville**

NAMI/Cape Cod

Sue Sullivan

508-778-4277

Nancy Bacher

508-778-0650

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**Fall River**

NAMI/Fall River  
508-674-2315

**Marshfield**

NAMI/Plymouth  
Phyllis Burns  
781-834-6259

Jean Childers  
781-829-7215

**Norwell**

NAMI/Coastal  
Fanny Zambuto  
781-878-4400

**Taunton**

NAMI/Taunton  
Dolores Orcutt  
508-947-9403

**Northeast****Andover**

NAMI/Greater Lawrence  
Lisa Willson-Doe  
978-373-6134

**Beverly**

NAMI/Greater North Shore  
Linda Lewis  
877-221-6264

**Tyngsboro**

NAMI/Greater Lowell  
Jeannette Regis  
978-455-4424

**West Newbury**

NAMI/Essex District  
Audrey Dimitry  
978-363-2354

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## **Central Massachusetts**

### **Agawam**

NAMI/Western Massachusetts  
Tammy Pesenti  
413-786-9139

### **Bellingham**

NAMI/Blackstone Valley  
Joseph Henderson  
508-883-6793

### **Concord**

NAMI/Central Middlesex  
Claire Boudreau  
978-772-0402

### **East Walpole**

NAMI/South Norfolk  
Ray Breton

### **Lunenburg**

NAMI/North Central  
Peggy Aho  
978-345-1581

### **Worcester**

NAMI/Central Mass  
Carol Thorsen  
508-795-0500

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## **XVIII. Data Resources**

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## Data Resources

### National

#### **National Center for Injury Prevention and Control**

Centers for Disease Control and Prevention

WISQUARS - Web-based Injury Statistics Query and Reporting System

[www.cdc.gov/ncipc/wisquars](http://www.cdc.gov/ncipc/wisquars)

*An interactive database system that provides customized reports of injury-related data.*

#### **National Center for Injury Prevention and Control**

Centers for Disease Control and Prevention

Injury Maps

[www.cdc.gov/ncipc/maps](http://www.cdc.gov/ncipc/maps)

*Injury Maps gives you access to the geographic distribution of injury-related mortality rates in the United States. Allows you to create county-level and state-level maps of age adjusted mortality rates for the entire United States and for individual states.*

#### **United States Air Force**

Department of Defense

Division of Violence Prevention

National Center for Injury Prevention and Control

CDC

*Suicide Prevention Among Active Duty Air Force Personnel*

*United States, 1990-1999*

[www.cdc.gov/mmwr/preview/mmwrhtml](http://www.cdc.gov/mmwr/preview/mmwrhtml)

### Massachusetts

#### **The Injury Surveillance Program**

#### **Bureau of Health Statistics Research and Evaluation**

Massachusetts Department of Public Health

250 Washington Street, 6<sup>th</sup> Floor

Boston 02108

Phone: 617-624-5665

Fax: 617-624-5070

[www.state.ma.us/dph/bhsre/isp/isp.htm](http://www.state.ma.us/dph/bhsre/isp/isp.htm)

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**Massachusetts Department of Education**

Health, Safety and Student Support Services Program

Youth Risk Behavior Survey (YRBS)

Dr. Carol Goodenow

781-338-3603

[www.doe.mass.edu/hssss/program/youthrisk.html](http://www.doe.mass.edu/hssss/program/youthrisk.html)

*The YRBS is conducted by the Massachusetts Department of Education with the Centers for Disease Control and Prevention in randomly selected high schools every other year. It focuses on the major risk behaviors that threaten the health and safety of young people.*

**Boston Emergency Department Surveillance System**

**Boston Public Health Commission**

**Research Office**

1010 Mass. Avenue 6<sup>th</sup> floor

Boston 02118

Phone: 617-534-4757

Fax: 617-534-2422

[Paige\\_Hardy@bphc.org](mailto:Paige_Hardy@bphc.org)

*The Boston Emergency Department Surveillance System (BEDSS) is a surveillance project unique to the City of Boston, monitoring suicide attempts as well as other intentional child and adolescent injuries. The project is a collaboration among four hospital-based pediatric emergency departments and the Boston Public Health Commission. The four hospitals are Boston Medical Center, Children's Hospital, New England Medical Center and Massachusetts General Hospital. It is estimated that these four hospitals see 95% of all pediatric (ages 3-18) emergencies in the city of Boston.*

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## **XIX. Bibliography**



## **Bibliography**

### **Selected bibliography on Suicide Prevention 1998-2002**

**Authored by**

**\*The Regional Centers for Healthy Communities and  
Statewide Institute Resource Libraries**

*For more information or to borrow resources listed in this chapter, please contact the following  
Resource Libraries:*

<b>Boston</b>	<b>Tel.: 617-423-4337</b>	<b>TTY: 617-451-0007</b>	<b>Email: <a href="mailto:pclib@tmfnet.org">pclib@tmfnet.org</a></b>
<b>Brockton</b>	<b>Tel.: 508-583-2350</b>	<b>TTY: 508-583-2847</b>	<b>Email: <a href="mailto:mpc@divprev.com">mpc@divprev.com</a></b>
<b>Cambridge</b>	<b>Tel.: 617-441-0700</b>	<b>TTY: 617-441-0700</b>	<b>Email: <a href="mailto:Answers@preventioncenter.org">Answers@preventioncenter.org</a></b>
<b>Florence:</b>	<b>Tel: 413-584-3880</b>	<b>TTY: 413-586-6598</b>	<b>Email: <a href="http://www.westernmassprevention.org">www.westernmassprevention.org</a></b>
<b>Lawrence</b>	<b>Tel.: 978-688-2323</b>	<b>TTY: 978-975-7778</b>	<b>Email: <a href="mailto:massprev@massprev.com">massprev@massprev.com</a></b>
<b>New Bedford</b>	<b>Tel.: (508) 994-5084</b>	<b>TTY: 508-994-5263</b>	<b>Email: <a href="http://www.preventionworks.com">www.preventionworks.com</a></b>

**You may also search the Resource Library Central Catalog online at  
[mpc.andornot.com](http://mpc.andornot.com)**

\*Formerly known as The Massachusetts Prevention Center System

## **BOOKS**

**COPING WITH TEEN SUICIDE** / Murphy, James M., and M.D -- New York: Rosen Pub. Group, 1999.

**Physical** 125 p.; 24 cm

**Description:**

**Keywords:** **Suicide** and Depression ; Teenagers--Suicidal behavior--United States Juvenile literature ; **Suicide**--United States Juvenile literature ; **Suicide**--United States--Prevention Juvenile literature ; Loss (Psychology) Juvenile literature ; **Suicide**

**Abstract:** Explains the causes and consequences of **suicide** and suggests ways of dealing with problems, preventing **suicide**, and coping with the **suicide** of a loved one.

**Audience:** Junior High School (7, 8) ; Senior High School (9, 10, 11, 12) ; General

**EVERYTHING YOU NEED TO KNOW ABOUT TEEN SUICIDE** / Schleifer, Jay -- New York: Rosen Pub. Group, 1999.

**Physical** 64 p. : ill. (some col.) ; 25 cm

**Description:**

**Keywords:** **Suicide** and Depression ; Teenagers--Suicidal behavior--United States--Juvenile literature ; **Suicide**--United States--Prevention--Juvenile literature ; **Suicide**

**Abstract:** Examines reasons why young people kill themselves, how to recognize when friends are in such trouble, and how to help potential **suicide** victims.

**Audience:** Senior High School (9, 10, 11, 12) ; Junior High School (7, 8) ; General

**HOW TO IDENTIFY SUICIDAL PEOPLE: a systematic approach to risk assessment** / White, Thomas W -- Philadelphia: Charles Press, c1999.

**Physical** xi, 212 p. ; 23 cm

**Description:**

**Keywords:** **Suicide** and Depression ; Suicidal behavior -- Diagnosis ; Suicidal behavior -- Patients -- Psychological testing ; Suicidal behavior -- Prevention ; **Suicide** -- prevention & control ; Psychological Tests ; Risk Factors

**Audience:** General

**NIGHT FALLS FAST : understanding suicide** / Jamison, Kay R -- New York: Knopf, 1999.

**Physical** x, 432 p. : ill. ; 23 cm

**Description:**

**Keywords:** **Suicide** and Depression ; **Suicide** -- United States ; Children -- Suicidal behavior - United States ; Youth -- Suicidal behavior -- United States ; **Suicide** -- psychology ; Behavioral Symptoms ; Mood Disorders

**Audience:** General

**NORTHEAST INJURY PREVENTION NETWORK SUICIDE DATABOOK /**  
Education Development Center, Inc. -- [Washington, DC?]: U.S. Public Health Service,  
**2000.**

**Physical** [47] p. : ill. ; 28 cm

**Description:**

**Keywords:** **Suicide** and Depression ; **Suicide** -- Northeastern States Statistics

**Audience:** General

**PREVENTING YOUTH SUICIDE : a handbook for educators and human service professionals /** McEvoy, Marcia Louise -- Holmes Beach, Fla.: Learning Publications, c1994,2000.

**Physical** 285 p. ; 23 cm

**Description:**

**Keywords:** **Suicide** and Depression ; **Suicide** -- Prevention ; Youth -- Suicidal behavior

**Audience:** Human Service Professionals ; Educators

**PREVENTION PROGRAMS FOR YOUTH : a guide to outcomes evaluation, best practices, and successful funding /** Stovell, Karienne, editor -- Providence, RI: Behavioral Health Resource Press, c1998.

**Physical** 118 p. : ill. ; 28 cm

**Description:**

**Keywords:** Mental and Emotional Health ; Mental Disorders--in adolescence ; Mental Disorders--prevention & control ; Violence--in adolescence ; Violence—prevention & control ; Substance-Related Disorders--in adolescence ; Substance-Related Disorders--prevention & control ; **Suicide**--in adolescence ; **Suicide**--prevention & control ; Sex behavior--in adolescence

**Audience:** Human Service Professionals

**SUICIDE : tragic choice /** Zeinert, Karen -- Berkeley Heights, NJ: Enslow Publishers, c1999.

**Physical** 112 p. : ill. ; 24 cm

**Description:**

**Keywords:** **Suicide** and Depression ; **Suicide** -- Juvenile literature ; **Suicide** -- Prevention -- Juvenile literature ; **Suicide** victims -- Psychology -- Juvenile literature ; **Suicide**

**Abstract:** Surveys the issue of **suicide**, including its history, causes, and psychology

**Audience:** Junior High School (7, 8) ; Senior High School (9, 10, 11, 12) ; General

**SUICIDE** / United States. Dept. of Health and Human Services. Substance Abuse and Mental Health Services Administration. Center for Substance Abuse Prevention -- Rockville, MD: U.S. Dept. of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Prevention, **2000**.

**Physical** 14 p. : ill. ; 28 cm

**Description:**

**Keywords:** **Suicide** and Depression ; **Suicide** -- Prevention -- United States ; **Suicide** -- Risk factors -- United States ; Teenagers -- Suicidal behavior -- United States

**Abstract:** Annotated list of resources relating to **suicide**

**Audience:** Educators ; Human Service Professionals

**SUICIDE AND SELF-INFLICTED INJURY IN MASSACHUSETTS, 1996-1998** -- Boston, MA: Bureau of Health Statistics, Research & Evaluation: Bureau of Family and Community Health: Massachusetts Department of Public Health, **2001**.

**Physical** 28 p.: ill. ; 28 cm

**Description:**

**Keywords:** **Suicide** and Depression ; **Suicide** -- Massachusetts Statistics ; Self-destructive behavior -- Massachusetts Statistics

**Audience:** General

**SUICIDE AND SELF-INFLICTED INJURY IN MASSACHUSETTS, 1999-2000**

■ Boston, MA: Bureau of Health Statistics, Research & Evaluation: Bureau of Family and Community Health: Massachusetts Department of Public Health, 2003

**TEEN SUICIDE** / Peacock, Judith, 1942 -- Mankato, Minn.: LifeMatters, **2000**.

**Physical** 64 p. : col. ill. ; 24 cm

**Description:**

**Keywords:** **Suicide** and Depression ; Teenagers -- Suicidal behavior Juvenile literature ; **Suicide**

**Abstract:** Examines some of the causes of **suicide** among teenagers and discusses ways to recognize potential victims and prevent this tragedy

**Audience:** Human Service Professionals ; Educators ; General

**WHEN NOTHING MATTERS ANYMORE: a survival guide for depressed teens** / Cobain, Bev -- Minneapolis, MN: Free Spirit Pub, **c1998**.

**Physical** x, 165 p.: ill. ; 23 cm

**Description:**

**Keywords:** **Suicide** and Depression ; Depression in adolescence--Juvenile literature ; Depression, Mental

**Abstract:** A guide to understanding and coping with depression, discussing the different types, how and why the condition begins, how it may be linked to substance abuse or **suicide**, and how to get help.

**Audience:** Junior High School (7, 8) ; Senior High School (9, 10, 11, 12)

## **KIT**

**CRISIS RESPONSE PLANNING a procedure manual for schools/ Opalewski, Dave/**  
Grief Recovery, Inc. -- Kalamazoo, Mich.: Balance Group Publishers, **c1998**.

**Physical** xi, 149, [33] p. : ill. ; 28 cm

### **Description:**

**Keywords:** School Health ; School crisis management--United States Handbooks, manuals, etc  
; Counseling in education--United States Handbooks, manuals, etc ; Grief--United  
States Handbooks, manuals, etc

**Abstract:** Designed to help school administrators, teachers and counselors develop procedures  
to follow in the case of serious crises in the school, including **suicide**, death of staff  
or student, or other catastrophic events. Includes a section on **suicide** prevention,  
memorial services, and grief management.

**Audience:** Educators

## **VIDEO**

**CHILDHOOD DEPRESSION / Dartmouth-Hitchcock Medical Center -- Princeton, NJ:**  
Films for the Humanities & Sciences, **2000**.

**Physical** 1 videocassette (VHS) (29 min.) : sd., col. ; 1/2 in

### **Description:**

**Keywords:** **Suicide** and Depression ; Depression in children ; Depression in adolescence

**Abstract:** Depression can affect any age child from infancy through the teenage years. This  
program looks at depression with special attention to what the children themselves  
say about coping with the disease. Medical authorities provide authoritative  
insights

**Audience:** General ; Parents

**DAY FOR NIGHT: recognizing teenage depression -- Baltimore, MD: DRADA, [c1999].**

**Physical** 1 videocassette (26 min.): sd., col.; 1/2 in. + 1 instructional booklet ([17]

**Description:** p.)

**Keywords:** **Suicide** and Depression ; Depression in adolescence ; Depression, Mental ; Manic-  
depressive illness

**Abstract:** Offering an in-depth look at the signs, symptoms and treatment of teenage  
depression, this video includes interviews with teens that are dealing with clinical  
depression and bipolar disorder. The film features the teenager's families and  
friends as well as interviews with health professionals. The goal is to provide  
education, support and hope to teens suffering from this debilitating, yet very  
treatable disease.

**Audience:** Educators ; Human Service Professionals ; Parents ; General

**DEALING WITH DEATH / PBS -- New York, NY: Castle Works, c2000.**

**Physical** 1 videocassette (30 min.) : sd., col. ; 1/2 in

**Description:**

**Keywords:** Death and Dying ; Teenagers and death -- United States ; Bereavement in adolescence -- United States ; Grief in adolescence -- United States ; Death -- Psychological aspects ; Adolescent psychology -- United States ; Documentary television programs

**Abstract:** In today's world, young people are surrounded by death...on television, in the news and all too often, in their own lives. By the end of high school, 20% of today's young people will have experienced the death of a parent, and of 1,000 high school juniors and seniors, 90% have experienced the death of a loved one. After a school shooting or **suicide**, professional support is given to students. But when teens lose friends or family members--whether to illness, **suicide** or violence--they often must face their loss alone. Few are able to reach out and talk about their feelings. The results can be problems in school escape through drugs and alcohol, depression, anger and violence toward others and even **suicide**. This program provides teens with a voice for expression as well as advice from their peers who frankly share their painful experiences. We see how young video makers; writers and photographers used the media to open a discussion on death, and how it changed them. Viewers face their loss alone. Few are able to reach out and talk about their feelings. The results can be problems in school escape through drugs and alcohol, depression, anger and violence toward others and even **suicide**. This program provides teens with a voice for expression as well as advice from their peers who frankly share their painful experiences. We see how young video makers, writers and photographers used the media to open a discussion on death, and how it changed them. Viewers also meet Laura, suffering from cystic fibrosis, who has lost friends to the same condition, and a boy whose father committed **suicide**. Finally, we join a bereavement support group for teens as they learn to talk and cope with their feelings. The clear message is that its not only OK to talk about death, it's essential

**Audience:** Grade 8 ; Grade 9 ; Grade 10 ; Grade 11 ; Grade 12 ; Human Service Professionals ; General ; Parents ; Educators

**FATAL MISTAKES: families shattered by suicide / American Foundation for Suicide Prevention -- Washington, D.C.: New York, N.Y.: Kingsley Communications; The Foundation, 1998.**

**Physical** 1 videocassette (46 min.) : sd., col. ; 1/2 in

**Description:**

**Keywords:** **Suicide** and Depression ; **Suicide**--United States ; Depression, Mental--United States ; **Suicide**--Prevention

**Abstract:** Chronicles the recovery of several families in the aftermath of suicide with survivors sharing their stories in hope of comforting others. Includes interviews with America's leading researchers and clinicians on the latest advances and trends

in **suicide** prevention research, featuring: Jan Fawcett, Frederick K. Goodwin, David Shaffer, David Clark, J. John Mann, Kay Refield Jamison, and Alec Roy.

**Audience:** General

**JOURNEY THROUGH THE SHADOWS: hope for healing after someone you love has committed suicide** -- Orleans, MA: Paraclete Video Productions, **c2000**.

**Physical** 1 videocassette (35 min.): sd., col.; 1/2 in. + 1 booklet (13 p.; 14 cm.)

**Description:**

**Keywords:** **Suicide** and Depression ; **Suicide** -- psychology Personal Narratives ; Bereavement Personal Narratives ; Family -- psychology Personal Narratives ; **Suicide** -- Psychological aspects ; **Suicide** victims -- Family relationships ; Bereavement -- Psychological aspects

**Abstract:** This program "offers ways to help survive your grief after someone you love has committed **suicide** and shows you that you are not alone and that you can make it through this life-changing experience."--container

**Audience:** General

**LIGHT AMONGST THE SHADOWS: how to help those you care for when suicide occurs** -- Orleans, MA: Paraclete Video Productions, **c2000**.

**Physical** 1 videocassette (23 min.): sd., col.; 1/2 in. + 1 booklet (13 p.; 14 cm.)

**Description:**

**Keywords:** **Suicide** and Depression ; **Suicide** -- psychology Personal Narratives ; Bereavement Personal Narratives ; Family -- psychology Personal Narratives ; **Suicide** -- Psychological aspects ; **Suicide** victims -- Family relationships ; Bereavement -- Psychological aspects

**Abstract:** Discusses why **suicide** is difficult to talk about and teaches how to help and what to say and do when a **suicide** occurs

**Audience:** General

**NO EASY WAY: coping with a loved one's suicide** -- Sherborn, MA: Aquarius Health Care Videos, **c1998**.

**Physical** 1 videocassette (VHS) (21 min.) : sd., col. ; 1/2 in

**Description:**

**Keywords:** **Suicide** and Depression ; **Suicide** ; **Suicide** -- Psychological aspects

**Abstract:** People who have survived a loved one's **suicide** talk about the death, their grief, and how they have learned to cope

**Audience:** General

**ON THE EDGE** -- New York: PBS, **c1998**.

**Physical** 1 videocassette (30 min.) : sd., col. ; 1/2 in

**Description:**

**Keywords:** **Suicide** and Depression ; Depression in adolescence ; Teenagers -- Suicidal behavior ; Television programs

**Abstract:** In this national PBS series for teens, this episode focuses on depression in teenagers and steps they can take to cope. The show pays a visit to Pierre, South Dakota, which has experienced several teenage suicides in the last year, and talks to young people in the community

**Audience:** Junior High School (7, 8) ; Senior High School (9, 10, 11, 12)

**ONE SURVIVOR'S MESSAGE, DON'T KILL YOURSELF** -- Princeton, N.J.: Films for the Humanities & Sciences, **c1998**.

**Physical** 1 videocassette (25 min.) : sd., col. with b&w ; 1/2 in  
**Description:**

**Keywords:** **Suicide** and Depression ; Substance Abuse--complications personal narratives videocassettes ; **Suicide**--in adolescence videocassettes ; **Suicide**, Attempted--psychology personal narratives videocassettes

**Abstract:** The story of a young man, David, who at 16 years of age, survived a **suicide** attempt. Now 22, he shares the events of his life leading up to the attempt, including how low self-esteem led to drug addiction. David goes on to describe the **suicide** attempt, his recovery from addiction, and how he has since changed his life.

**Audience:** Senior High School (9, 10, 11, 12) ; Adults

**PRESCRIPTION FOR LEARNING: adolescent depression** -- Sherborn, Mass.: Aquarius Health Care Videos, **2001, c2000**.

**Physical** 1 videocassette (24 min.) sd., col. ; 1/2 in  
**Description:**

**Keywords:** **Suicide** and Depression ; Depression in adolescence

**Audience:** Educators ; Parents ; General

**SARA'S DIARY** -- Evanston, IL: AGC/United Learning, **c1999**.

**Physical** 1 videocassette (14 min.): sd., col.; 1/2 in. + 1 facilitator's guide (12 p.; 22 cm.) + 1 set of blackline masters (3 p.; 28 cm.)  
**Description:**

**Keywords:** **Suicide** and Depression ; **Suicide** -- Prevention Drama ; Depression Drama ; Bullying Drama

**Abstract:** Sara is different. The kids in her high school see this and don't let up with endless teasing and bullying. Sara finally breaks, and, after a **suicide** attempt, Mark her primary tormentor, happens to find her diary. Through this book, Mark gets to know the deep feelings of a girl nobody knew, and finds that she is no different from any of us. A dramatic program based on a true story, Teen **Suicide: Sara's Diary** is a moving piece designed to give students the opportunity to experience the feelings of others, while giving important information on depression and **suicide** prevention. It also examines the subject of bullying, with a facilitator's guide designed to inspire discussion and problem solving



**Audience:** Junior High School (7, 8) ; Senior High School (9, 10, 11, 12)

**SUICIDE** -- Princeton, N.J.: Films for the Humanities & Sciences, **c2000**.

**Description:** 1 videocassette (30 min.) : sd., col. ; 1/2 in

**Keywords:** **Suicide** and Depression ; **Suicide** ; Professional-Patient Relations ; **Suicide**, Attempted

**Abstract:** (Producer) Replaces myths with facts about **suicide**: who is at risk, how warning signs are displayed, what some of the triggers are, and how to intervene. Of special emphasis is the vital need for the medical staff to engage in a compassionate dialogue with the patient in order to assess their readiness for release and need for referrals

**Audience:** General

**SUICIDE : no turning back** -- Huntsville, Texas: EVN, Educational Video Network, **c2001**.

**Physical** 1 videocassette (23 min.) : sd., col. ; 1/2 in

**Description:**

**Keywords:** **Suicide** and Depression ; **Suicide** ; **Suicide** -- Prevention ; Teenagers -- Suicidal behavior

**Abstract:** Learn why some people are more susceptible to suicidal tendencies than others are. This video discusses various theories about what causes a person to take his/her own life. Students will learn how to recognize pre-suicidal behaviors and they'll receive information about where they can seek help for themselves or a friend. Free curriculum guide available on-line at [www.edvidnet.com](http://www.edvidnet.com).

**Audience:** Grade 6 ; Junior High School (7, 8) ; Senior High School (9, 10, 11, 12) ; Adults ; Human Service Professionals ; Health Care Providers ; Educators

**SUICIDE, CHOICES IN LIFE AND DEATH** -- Madison, WI: [U.S.?]: Knowledge Unlimited; Distributed by Murphy Entertainment Group, **c1999**.

**Physical** 1 videocassette (31 min.) : sd. col. ; 1/2 in

**Description:**

**Keywords:** **Suicide** and Depression ; Teenagers -- Suicidal behavior ; **Suicide**

**Abstract:** Shows Rosemarie, a teen who is beginning to have problems in school and at home, who eventually commits **suicide**. After her funeral, her friends get together to work through their feelings of guilt and anger with the help of professional counselors

**Audience:** Junior High School (7, 8) ; Senior High School (9, 10, 11, 12)

**TEEN DEPRESSION: you are not alone** -- Morris Plains, N.J.: Lucerne Media, **[n.d.]**.

**Physical** 1 videocassette (20 min.) : sd., col

**Description:**

**Keywords:** **Suicide** and Depression ; Depression in adolescence ; Depression in adolescence -- Video recordings ; Adolescent psychology ; Adolescent psychology -- Video recordings ; Depression, Mental ; Depression, Mental -- Video recordings Lucerne Media

**Abstract:** Changes that occur in adolescence-physical, hormonal, mental, and social - can lead teenagers into alienation, loneliness, depression and even **suicide**. This program reassures teens that they are not alone

**Audience:** Junior High School (7, 8) ; Senior High School (9, 10, 11, 12)

**TEEN SUICIDE: I don't really want to leave** -- Morris Plains, N.J.: Lucerne Media, [c1998?].

**Physical** 1 videocassette (8 min.) : sd., col. ; 1/2 in  
**Description:**

**Keywords:** **Suicide** and Depression ; Teenagers--Suicidal behavior ; **Suicide**--Prevention

**Abstract:** This video is a dramatization of the feelings and emotions of Sarah, a teenage girl who is contemplating **suicide**.

**Audience:** Senior High School (9, 10, 11, 12) ; Adults

**TEEN SUICIDE** -- Charleston, W.V.: Cambridge Educational, c2001.

**Physical** 1 videocassette (ca. 34 min.) : sd., col. ; 1/2 in  
**Description:**

**Keywords:** **Suicide** and Depression ; Young adult films ; Youth -- Suicidal behavior ; **Suicide** -- Prevention

**Abstract:** This video looks at the reasons troubled teens consider, attempt or commit **suicide**. Viewers learn: to recognize the warning signs ; the importance of communication ; what to do to prevent **suicide** ; where to go for help

**Audience:** Junior High School (7, 8) ; Senior High School (9, 10, 11, 12) ; General

**TEENAGE SUICIDE: the silent threat** -- New York, NY: A&E Home Video, c1999.

**Physical** 1 videocassette (ca. 50 min.) : sd., col. ; 1/2 in  
**Description:**

**Keywords:** **Suicide** and Depression ; Teenagers -- Suicidal behavior ; **Suicide** -- United States -- Prevention ; Depression in adolescence ; Manic-depressive illness in adolescence ; Documentary television programs ; Video recordings for the hearing impaired

**Abstract:** A teen with bipolar disorder describes her **suicide** attempt and her struggle to deal with her illness through medication and therapy. Parents of several teens whose depression and/or eating disorders led to **suicide** also relate their experiences and mental health experts tell of promising screening projects that may help identify at-risk youth and lead to effective prevention

**Audience:** General

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# **Appendix A**

The Commonwealth of Massachusetts  
Executive Office of Health and Human Services  
Department of Public Health  
250 Washington Street, Boston, MA 02108-4619

MITT ROMNEY  
GOVERNOR

KERRY HEALEY  
LIEUTENANT GOVERNOR

RONALD PRESTON  
SECRETARY

CHRISTINE C. FERGUSON  
COMMISSIONER



### Suicide Prevention Resource Questionnaire

*Help us identify resources for this Suicide Prevention Resource Guide.*

Please complete this survey only if you or your agency provide any type of suicide prevention services.

**Fax completed surveys to Diane DeAngelis at (617) 624-5075.**

Your Name: \_\_\_\_\_ Agency Name: \_\_\_\_\_  
Title: \_\_\_\_\_ Address: \_\_\_\_\_  
Phone: (\_\_\_\_) \_\_\_\_\_  
E-mail: \_\_\_\_\_ Fax: \_\_\_\_\_

\*\*\*\*\*

*For the following questions, please circle all that apply to you and/or your organization.*

What are the main services that you or your agency provide?

- A. Mental Health Services
- B. School-Based Services
- C. Substance Abuse Treatment and Prevention
- D. Hotline/Crisis Center
- E. Education/Training – Subject matter: \_\_\_\_\_
- F. Elder Services
- G. Other \_\_\_\_\_

Which of the following suicide prevention services do you or your agency provide?

- A. Phone Counseling/Hotline
- B. Advocacy
- C. Mental Health Screening
- D. Treatment and Intervention
- E. Support Groups

- F. Education and Training
- G. Crisis Response
- H. Other\_\_\_\_\_

What is your target population for suicide prevention services?

- A. Teens/young adults
- B. Adults
- C. Seniors
- D. All ages
- E. Gay Lesbian Bisexual Transgender Youth
- F. Non-English speaking community

Which of the following regions are covered by your services:

- A. Metro Boston
- B. Northeastern Massachusetts
- C. Southeastern Massachusetts
- D. Cape Cod
- E. Central Massachusetts
- F. Western Massachusetts
- G. Other\_\_\_\_\_

In what languages do you provide suicide prevention/intervention services?

- A. English
- B. Spanish
- C. Vietnamese
- D. Russian
- E. Chinese
- F. Other\_\_\_\_\_

Do you provide suicide prevention resource/materials in various languages?

Yes\_\_\_\_\_ No\_\_\_\_\_ If yes, please list languages:

\_\_\_\_\_

If you offer suicide prevention resources, what type of information do you provide?

- A. Newsletter
- B. Website/Listserve Web address:\_\_\_\_\_
- C. Library/Resource Center
- D. Brochures
- E. Curriculum/Manuals
- F. Other\_\_\_\_\_

If you provide suicide prevention education and training, what is the focus of your training?

- A. Professional training to service providers/professionals
- B. Gatekeeper training
- C. Promote mental health/resiliency
- D. Anti-stigma campaigns
- E. Other\_\_\_\_\_

---

What would be helpful to you in a suicide prevention resource guide?

- A. Professional Training/Curriculum
- B. Index of Materials
- C. Contact names (for referral)
- D. Other service providers in field (for networking)
- E. Data
- F. Other \_\_\_\_\_

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## Appendix B

# Massachusetts Suicide Prevention Resource Guide

## Order Form

This Guide contains national, state and local information on suicide prevention resources which include: understanding suicide, state prevention plans, education and training programs, hotlines, crisis lines, mental health providers and much more.

The goal of this guide is to help professionals, survivors, friends, family and loved ones locate existing suicide prevention services and resources and assist the Massachusetts Department of Public Health in identifying gaps in services and programs.

Prepared by:  
Massachusetts Department of Public Health  
Injury Prevention and Control Program, Suicide Prevention Program  
Bureau of Family and Community Health

Copies are available free of charge.

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*If you would like to obtain a copy of this guide, please complete the section below and mail or fax the form to:*

**Diane DeAngelis**  
**MA Department of Public Health**  
**250 Washington Street, 4<sup>th</sup> floor**  
**Boston, MA 02108-4619**  
**Phone: (617) 624-5477**  
**Fax: (617) 624-5075**

Date \_\_\_\_\_  
Name \_\_\_\_\_  
Agency \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_